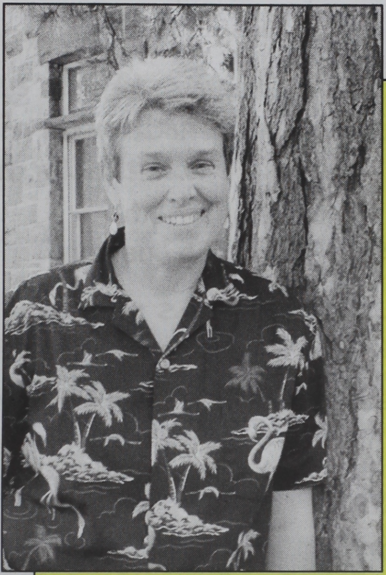
THE CRAZY WISDOM COMMUNITY JOURNAL

Issue No. 31

INCLUDING A FREE CALENDAR OF LOCAL CLASSES, WORKSHOPS, AND EVENTS
SEPTEMBER THROUGH DECEMBER 2005



Musician Jeanne Mackey on Music and Healing in her Own Life

An Interview with Ann Arbor Attorney, Molly Reno, on Cancer, Photography and Healing

Chiropractor Kathleen Dvorak ~ Holistic Practitioners Bring Reiki into their Practices

A Profile of Polarity Therapist, Marsha Traxler

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Brenda Morgan, PhD
Spiritual Catalyst & Mentor

Brenda has been blessed, through the grace of the Holy Spirit and the help of her spiritual teacher and Innocent Catalyst Michael Silverman, with a spiritual transformation which began with **Inner Enlightenment/No Mind Within** in 1989. Since spiritual evolution is continuous, the state is evolving and deepening. During silent meditation, the **Witness Position** is sustained and shared. Her transformation continues to occur while still in relationship with the world with a concomitant slowing down within her being as she aligns ever more deeply to the Light. The level of Loving spiritual radiance emanating through her form continues to mature and deepen, helping to stabilize, cleanse and purify another's attention and awareness so That Which Lives Us can enter.

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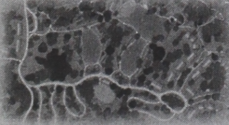

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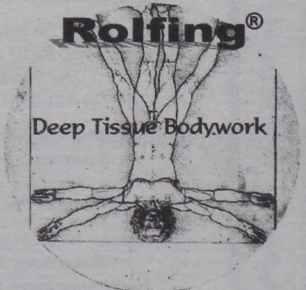

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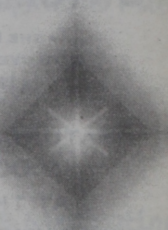

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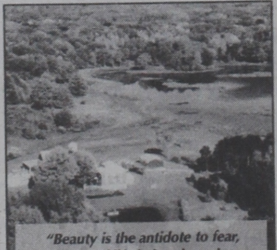

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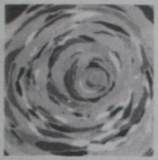

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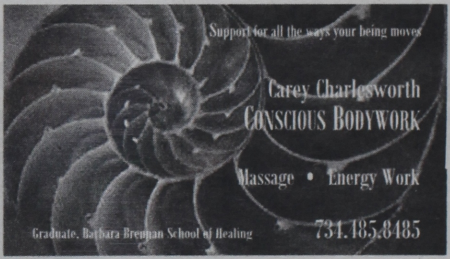

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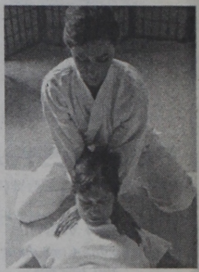

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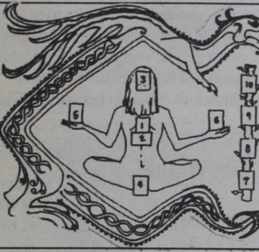

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Practitioner Spotlight: Marsha Traxler

by Sarah Daher

Photo by Sarah Daher

Over the summer, I visited local healer and wise woman Marsha Traxler to discuss her practice, as well as to request advice. Marsha is a well established, longtime health practitioner in the area since 1981. Devoted to holistic nursing and earth-centered health care, Marsha is a Registered Nurse, Registered Polarity Practitioner, and Certified Polarity Educator. Her practice is vast in scope and healing modalities, including the use of therapeutic touch, craniosacral work, polarity therapy, and lymphatic drainage integrated with nutrition, herbal, and lifestyle recommendations. Arriving at Marsha's office in her lovely Old West Side home, I was excited to learn about her, yet daunted by the wide variety of practices to be discussed. Her work is a complex array of offerings and I doubted whether an hour together would suffice.

For each client, Marsha approaches healing holistically by addressing the body, mind, spirit, and emotions. She spends a great deal of time just listening, and *listening*, to her clients speak about their ailment or condition. This reveals more than simply the physiology of the illness, helping Marsha determine what regimen may be helpful to facilitate regaining total health. She fills in the middle ground between the beginning of the condition and prior to serious, invasive conventional treatment. Her intent is to bring each client back to their "normal" healthy selves by creating an individualized approach. She says, "My approach is what works best for you. It's really about respect for you." Her main intent is to help her clients grow their own sense of responsibility for themselves and their health care, something from which we could all benefit. Marsha believes we already know what we need and what is best for our health. Her goal is to help determine ways to incorporate those practices into everyday life. "Our bodies are really smart, and I would like to help people tune in to that wisdom to gain balance."

Marsha often recommends bodywork for her clients, who arrive at her private practice with a wide variety of conditions, ranging from simple to chronic. She receives physician or other bodyworker referrals, and is willing to see clients once or over a period of several months depending upon the condition. She offered me a brief session on her massage table to help with my ailing neck. Her fingers rested gently on the base of my skull while she quietly sensed the state of my back and neck. Her subtle palpatory touch revealed a great deal about my spine that I had not known. Although some of her skill is intuitive, she believes her method is one that can be learned and developed over many years. Her hands held strong, vibrant energy for me, yet it felt more diagnostic than treatment because of our lack of time. Another modality she often recommends is lymphatic drainage as it is deeply cleansing and enhances other bodywork.

Beyond her bodywork treatment, Marsha is very well versed in nutritional recommendations and lifestyle support. She determines what each client wants for their health and for their lives, and then offers ideas to help accomplish those goals. She believes good solid nutrition is the basis of health, along with many of the practices we all know are positive (see "Marsha's Tips for True Health"). She will sometimes recommend homeopathy, supplements or herbs depending on the client's diet and symptoms, yet mostly she feels these supplements act as a bridge until nutrition is improved. In fact, taking herbs may override symptoms instead of truly healing by devoting energy to changing lifestyle habits. Exceptions to this are superfoods, such as blue green algae, and wild foods. Nutrient dense, these dietary additions particularly help if a client's health is greatly unbalanced or if their diet is non-organic. A book she often recommends for healing is *Take Two Apples and Call Me in the Morning*, written by local nutritionist Judy Stone.

Marsha also works with therapeutic visualization as a tool, and makes tapes for clients to help lift their mind and emotions. She feels 40% of her work is simply talking with clients, which typically reveals the "unconscious self-damage" so common among everyone. Based on the work of psychoanalyst and writer Edmund Bergler, this type of work helps distinguish habitual, destructive patterns of which we often aren't aware. This way of looking at the development of hidden patterns helps release them in order to truly heal. And while I sat with Marsha, we did, in fact, talk and talk about not only my goals, but also how I feel about my life, my health, and its direction.

The hour spent together was rich and complex, as revealed in Marsha's practice and vast experience. I love that her practice is "earth-centered" in that she tries to use as few resources as possible. Her environment is pleasant, real, and chemical-free for people with sensitivities; she has no pets for this reason and also uses air and water filters. There exists so much intention in her work, coming from her 25 years of practice as well as her conscious, grounded nature. I simply liked her from the moment we met. She has a very friendly, warm presence; a lovely, genuine smile that puts you at ease; and a true desire to help people heal in their lives. Plus she was wonderful with my young daughter, who was with us unexpectedly that day. And she helped me. She gave me very concrete recommendations to figure out how to improve my health based on my own particular needs and situation, such as how to get enough vigorous exercise as well as sufficient sleep as a single mother!! Well worth her $80 per hour fee, Marsha could also help you attain the healthy life you desire. Contact her at (734) 747–7020.

Marsha's Tips for True Health

- Eat organic foods as much as possible.
- Eat 7 fruits and vegetables per day, including one dark green leafy vegetable and one yellow vegetable, raw or cooked.
- Drink 8 glasses of well-filtered water per day.
- Exercise some each day, including stretching.
- Exercise vigorously enough to sweat for 30 minutes 3-4 times per week for cleansing and to reduce stress.
- Sleep enough, including sleeping as much as you need one morning per week.
- Listen to your body and its wisdom.

If you are a local healing practitioner who would like to be reviewed in an upcoming issue of the Crazy Wisdom Community Journal, please contact Sarah Daher at 665–2757 or sarah@crazywisdom.net.

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Writers/Journalists/Essayists Wanted

We're interested in journalistic articles and non-fiction stories, personal essays, commentary, thought pieces, interviews with mind-bending individuals, and other flotsam. For more information, or to suggest story ideas, contact Bill Zirinski at bill@crazywisdom.net or call him at the store at 734-665-2757.

Photographers Wanted

To take pictures for *The Crazy Wisdom Calendar.* Lousy pay, wonderful exposure. It's also fun and interesting to meet the people we take photos of: healers, authors, bodyworkers, psychics, professors, holistic and spiritual types, and other fringe elements! For more information, contact Bill Zirinski at bill@crazywisdom.net or call him at the store at 734-665-2757.

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Calendar Highlights for September – December 2005

1) **Bardor Tulku Rinpoche at Karma Thegsum Choling Tibetan Buddhist Center**
September 14 — (See Buddhist Teaching Section)

2) **Kevin Griffen, Author of *One Breath at a Time*, at the Zen Buddhist Temple**
September 18 — (See Buddhist Teaching)

3) **The Crazy Wisdom Salon Meets the "World Café"**
Sept. 22, Oct. 20, Nov. 17 — (See Community Involvement Section)

4) **Jungle Medicine Workshop**
September 23— (See Shamanism)

5) **Jain Master Chitrabhanu at the Lighthouse Center**
September 23-25 — (See Jain Teachings)

6) **Community Sing with Jeanne Mackey, Tom Voiles, Kathleen Moore, Rhonda Bantsimba and others**
September 24 — (See Music and Sound)

7) **Reflections on the Spirituality and Mysticism of Etty Hillesum — through the Weber Center**
October 1 —(See Personal Experiences Section)

8) **Imagery and Healing: Science and the Imagination – A Workshop with Jeanne Achterberg**
October 22 — (See Holistic Health)

9) **Colleen Deatsman, Author of *Inner Power*, at Crazy Wisdom Bookstore**
October 22 — (See Author Receptions)

10) **Rufus Jones, Rethinking His Life for Quakerism**
November 5 — (See Spiritual Development)

11) **Dimensions in Light Festival**
November 12 — (See Ceremonies, Celebrations & Festivals)

12) **Conflict Resolution for Couples with Brady Mikusko**
November 16 — (See Love & Relationships)

13) **Handel's Messiah through University Musical Society**
December 3-4 – (See Music & Sound)

Since 1982, Crazy Wisdom Bookstore has served as a center of information in the subjects of holistic health, bodymind therapies, psychology, Buddhism, spiritual development and consciousness. *The Crazy Wisdom Community Journal* is intended to provide information about the terrific array of opportunities for persons seeking psychological and spiritual growth and physical well-being. The **deadline for free calendar submissions** for the January thru April 2006 issue is **Wednesday, November 16th,** and the **deadline for paid advertising is Wednesday, December 7th.** The issue will be distributed starting the 3rd week of December, 2005. 5,000 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 45 other locations in and around Ann Arbor. Our phone number is 734-665-2757, and we're located at 114 South Main Street, Ann Arbor, Michigan 48104. Our web address is: crazywisdom.net

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This issue of **The Crazy Wisdom Community Journal** was organized and edited by Bill Zirinsky. Production and Design Editor: Molly Nuzzo. Calendar and "Bios" Editor: Sarah Daher. Cover Photographs: Molly Reno by Nina Hauser; Jeanne Mackey by Pattie Postel; Kathleen Dvorak by Linda Lawson; Marsha Traxler by Sarah Daher. Artwork in this issue: Terri Myers. Poetry Editor: Sarah Daher. Staff Writer: Sarah Daher. Writers for this issue: Petula Brown, Lucinda Kurtz, Jeanne Mackey, Lani Kwon Meilgaard, Matthew Muth. Reduction Wheel Apprentice: Juliana Zirinsky.

The quotes used in the calendar section were found in the book, *Sunbeams,* by Sy Safransky. This book is available at Crazy Wisdom Bookstore.

Crazy Wisdom has not investigated or evaluated the persons listed, so we are not in a position to make recommendations as to any or all of them, or to be responsible for the acts or omissions of anyone listed.

Poetry Readings on Wednesday nights at Crazy Wisdom

September schedule

September 7: Margaret, Reges, Erin Morris
September 14: Steve Gillis
September 21: Rachel Easley, Josie Kearns
September 28: Tom Wisniewski

The readings take place in the Crazy Wisdom Tea Room.
114 South Main, Ann Arbor, Michigan --- 734-665-2757

What's New in the Community

This regular column features new happenings within our Ann Arbor holistic community, including new practitioners to the area, new and interesting work being done, special opportunities offered or items otherwise of note to folks like ourselves. If you would like to submit something to be considered for this column, please email to sarah@crazywisdom.net or mail to the store attn: Sarah Daher, 114 S. Main St., Ann Arbor, 48104. The deadline for entries for the upcoming issue of the Crazy Wisdom Community Journal is November 15, 2005.

Palmist and Astrologer Vijayalaxmi Shinde is available for palm readings each Sunday at Crazy Wisdom Tea Room from 11 a.m.-2 p.m. A scholar of the ancient Indian science of *Hasta-Samudrik Shastra* (Palmistry) and Numerology, Vijayalaxmi counsels clients on relationships, career, health and many other aspects of life. Like all of divine creation, lines on the palm hold a definite purpose, and to understand them is to reveal one's aptitudes, strengths and future trends. Palmistry is an approach to determine the character, mental tendencies and the likely events to happen in an individual's life from a detailed examination of the lines and marks in the palms. Certain karmic happenings cannot be changed, such as birth, the environment at birth, death, etc. However, there are things that can be controlled or modified, influenced or altered by our efforts. For decades, Vijayalaxmi has passionately studied ancient Indian as well as Western Palmistry and Numerology. Recently, she moved to the U.S. from her native India to be with her family. She has now begun her practice here, deftly combining palm reading with Numerology for the positive direction and welfare of her clients. I had a session with Vijayalaxmi several weeks ago, and found it fascinating, immensely accurate and deeply insightful. She also holds a lovely, warm and welcoming presence. No appointment is required; simply come in to the Tea Room for a session, with specific questions or for a general reading. $1 per minute, with a 15 or 20 minute session suggested. Highly recommended by Crazy Wisdom staff!

Vijayalaxmi Shinde

Henna artist Kate Emens is also a new practitioner to Crazy Wisdom. Emens is offering henna tattoos every Saturday at the store from 7:30-10:30 p.m. There is no appointment needed, and the prices vary from $5-$20 depending on the size and detail of each design. Emens travels to festivals during the summer and enjoys the traditional and modern aspects of henna. Her company, Aksham Henna, provides henna products as well as services. She grew up in the Pacific Northwest and lived in Utah before coming to Michigan. For more information, call 973-6722; kate@akshamhenna.com.

Sun Moon Yoga is a new yoga studio downtown, located on 404 W. Huron. This is a lovely community gathering space across from the new YMCA with free parking. The beautiful atmosphere was created from the efforts of Sondra O'Donnell, an educated, certified and longtime yoga teacher from Ann Arbor. The evolving yoga class schedule includes Better Backs, Spirited, Radiant, Pre-and Post-Natal and Children's classes. The studio also hosts related classes in infant massage, children's classes and creative workshops, and is available for teachers, workshop presenters and events. Contact 929-0274 or sondra@annarboryoga.com.

Lamaze Ann Arbor has started two Prenatal Yoga classes taught by local practitioner Heather Foster, held Wednesdays 6:15-7:30 p.m. or 7:45-9 p.m. For more information, contact hl_foster@yahoo.com.

Vedic Astrologer Elizabeth Sullivan begins her practice here in Ann Arbor. Also called Jyotish, Vedic Astrology translates as the study of light, which means the illumination of a given horoscope to reveal the karmic tendencies and probable events of a given life or situation. Vedic Astrology can provide both practical and spiritual insight and guidance into every area of our lives and into the numerous life situations in which we find ourselves. Elizabeth is certified through the American College of Vedic Astrology. Contact 971-2131 or 276-0460; esullivan822@hotmail.com.

Buddhist psychotherapist Bobbi Ebsen has just opened an office in Ann Arbor and welcomes new clients to her unique holistic, therapeutic approach. Ebsen combines ancient wisdom and modern therapeutic modalities to help deepen your spiritual experience and unlock attachments and addictions. She specializes in Zen Buddhism, meditation and the Twelve Steps. Contact 223-6014; fionaroars@yahoo.com.

The Women of Internal Energy Plus: (from left to right) Cinda Lee Hocking, Barbara Helena Marynowski, Raevan Decker, Katie A Ling

Singer and multi-instrumentalist Jeanne Mackey has recorded a new cd entitled *Home to the River of Love: Chants for Peace Project*. Currently sold at Crazy Wisdom, the proceeds from the sales of this lovely chant cd benefit youth peacemaking conferences of the Pathways Foundation for Peace and Healing. Pathways is a non-profit organization committed to the dream of creating a society of Spirit, which fosters peace and healing for all – a worldwide society where social justice, harmony and respect for all life prevail. Mackey has been performing for social justice, women's and community events for 30 years. She has co-produced a number of local benefit concerts and co-directed the multi-ethnic choral group Sacred Song for five years. She co-founded Women with Wings-West, a monthly circle devoted to songs of spirit. Most recently, her creative efforts have benefited Pathways Foundation for Peace and Healing, founded by Myron Eshowsky. For more information, contact www.peacehealing.org; contactus@peacehealing.org or jmackey50@yahoo.com. Also, see her article in this issue.

Advisor Anne Duffy opened her Ann Arbor practice, called The Connecting Bride, last summer. Designed for folks looking for clarity, wellness and balance, Duffy is a spiritual advisor utilizing intuitive readings, muscle testing and channeled Christ consciousness in her work. She offers herbal and food supplement programs, holistic therapies consulting and soul reprogramming to clear blocks to success, and specializes in environmental illness lifestyle modification. Involved with holistic health since 1988, Duffy has four years training with spiritual response therapy as well as personal experience with a severe disabling condition. For more information, contact 734-765-5830; theconnectingbridge@yahoo.com.

Spiritual mentor Mary Gliedt is now available to be a companion on your spiritual path. As a mentor and spiritual director, Gliedt offers ongoing, private monthly meetings to help deepen your spiritual practice. During these conversations, she will provide feedback about your spiritual journey and will help you incorporate spirituality in your daily life. She has been tutored by Jonathan Ellis, and is able to work with diverse traditions and spiritualities. For more information, contact 369-2628; mug@hps.com.

Shamanic practitioner Kenn Day is offering his workshops this Fall at Crazy Wisdom Community Room. With a private practice at Full Spectrum Health Center in Cincinnati, Ohio, Day provides opportunities to move beyond the introductory level in shamanism and into more profound and transforming experiences, empowering students to continue to work on their own. Those who practice shamanism in traditional tribal settings are working with "patients" who are already well versed in the ways of spirits, ancestors and mythology of their tribe. For the modern person, new bridges need to be built into this larger world of the shaman. Day includes these bridges in his workshops, helping his students access the power and substance of the shamanic experience. For more information, contact www.shamanstouch.com or enki@one.net.

The Women of Internal Energy Plus provides programs for women's health and wellness. Four women have combined their respective talents and practices under the common banner of helping Michigan women. Raevan Decker Richelle of Black Dragon Gym, Katie Ling of The Protection Connection, Cinda Lee Hocking of Healing Dynamics and Barbara Helena Marynowski, owner of Women Who Rock, have joined forces to offer a full schedule of classes geared especially for women. Together, they form the Midwest hub for Internal Energy Plus, a unique system of movement, breathing, body conditioning and meditation created by Headmaster Joseph Droual, veteran martial arts teacher from Huntington, NY. Classes are offered at Black Dragon Gym in Ann Arbor Monday through Saturday most weeks, with individual sessions available. For more information, call 332-3393.

Self Realization Meditation Healing Centre in Bath, Michigan, is a nonprofit near Lansing run by a group of professional healers and progressive counselors committed to the highest ideal of unconditional love in all they do. Their aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health and happiness. Pure Meditation is a central part of the life of the Centre and training is offered to a deep level under the guidance of Mata Yogananda Mahasaya Dharma, founder and spiritual head of worldwide Self Realization Meditation Healing centres. Many more workshops are available. For more information, call 517-641-6201; www.selfrealizationcentres.org.

Deep Lake Institute is launching its first program series this fall in collaboration with the University of Michigan, Michigan State University and Bioneers Detroit. Deep Lake Institute is located at the Deep Lake Integrative Learning Community in Battle Creek, which will be the nation's first conference center and residential community based completely on the principles of sustainability, wellness and wisdom. Once the campus is built, which should be in the next year, programming will take place directly on the eco-friendly 300-acre site. Jeanne Achterberg, PhD and author of *Imagery and Healing*, and L. Hunter Lovins, co-founder of the Rocky Mountain Institute and co-author of *Natural Capitalism*, will be guest presenters in October. For more information, see calendar listings under Holistic Health and Sustainability.

In the upcoming holiday spirit of light, the **Tree Lighting Ceremony** will be held this year on November 18 at Liberty Park Plaza. For information and for more local events, contact www.mainstreetannarbor.org.

What's New at Crazy Wisdom

by Sarah Daher

Animals Divine Tarot Set by Lisa Hunt

Animals Divine Tarot is perfect for divination, meditation and dream work. The 78 intricate and mystical illustrations by acclaimed fantasy artist Lisa Hunt retain the structure of a traditional deck, adding layers of myth and symbol specific to each card's meaning and each animal's unique place in nature and myth. Though we may sometimes forget that humans are also animals, we have never lost our connection to the wild. In ancient myths and modern dreams, animals are powerful symbols and guides, helping us reconnect with the divine power inherent in the world. Take a spirit walk in the realm of the wild as you work with these beautiful and powerful cards. $24.95

Animals Divine
TAROT
LISA HUNT
FOREWORD BY KRIS WALDHERR

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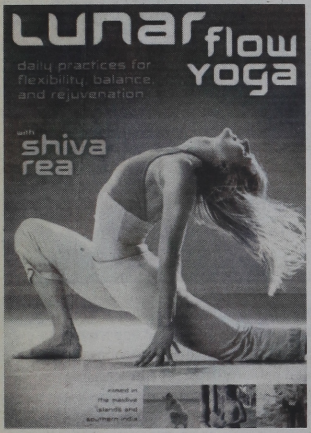

For centuries, yogis have learned to draw from the invigorating energy of the sun. But there is another approach inviting the rejuvenating energy of the moon through a spectrum of practices to enjoy the lunar approach to yoga – calming, fluid and connected. ***Lunar Flow Yoga*** is an instructional dvd with an easy-to-use menu for designing your own practice, from hip openers to backbends, pranayama to shavasana, all offered in a meditative, slower-paced rhythm appropriate for any time of day. Filmed in stunning Cocoa Island and in Kerala, India, Shiva Rea guides both beginning and intermediate students through a flow of vinyasas to experience a dynamic, balancing and rejuvenating transformation. 103 minutes total. $16.95

Japanese Zen Incense by Shoyeido

Zen Incense is an ideal companion for meditation and quiet reflection. The subtle, clean fragrances combine sandalwood with cinnamon, patchouli and cloves. Over 13" in length, these thicker sticks will burn for over two hours. Inspiring serenity and quiet, this elegant incense brings communication with the transcendent, refreshes mind and body, removes impurity and brings alterness and peace. Shoyeido has hand-blended incense for over twelve generations in Kyoto, Japan and does not use synthetic oils or fragrances, animal ingredients or animal testing. Available in Morning Zen, Sitting Zen and Evening Zen fragrances. Boxes contain 30 sticks per bundle for $10.

CarGo Cards: Fabulously Foolproof On-the-Road Activities for Fidgety Kids by Parenting Magazine

This 25 card deck contains dozens of foolproof activities that will entertain, challenge and educate. Parenting magazine's suggested projects, games and contests can make any trip more fun, whether you're heading to the store or driving cross-country! From using a stopwatch for different experiments to drawing animals sighted along the road, these cards are relevant for ages four and up. Some utilize math skills, reading and writing for older children. One idea that never fails for my daughter and me is My Favorite Things: daydreaming about and describing favorite things, such as a holiday, animal, room in the house, color, etc. A very fun and useful tool for parents. $9.95

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Reiki Thrives in Ann Arbor

by Matthew Muth

Photography by Linda Lawson

(Editor's Note: We asked Matt Muth, a Crazy Wisdom Tea Room staff person, to profile some of the Reiki practitioners in town. What follows is his youthful and enthusiastic account of his introduction to energy healing.)

Today, feel no anger
have no worries
show gratitude
be diligent in all undertakings
treat others with kindness

Morning and evening press your palms together
Take these words to your heart
Recite them with your mouth
- Mikao Usui

These are the reiki precepts, a few simple words embodying the essence of this particular method of energy healing. Of course, dear readers, you probably already knew that reiki was a form of healing involving direct transmission of cosmic energies to an afflicted area of the body through an intermediary, known as the practitioner. Well, I did not at the beginning of this small holistic odyssey; in fact, reiki could have been a Ninja Turtle if I had not previously committed them all to memory. Knowing what it was not, I endeavored to find out what, exactly, reiki consisted of.

Chiropractor Kathleen Dvorak incorporates Reiki, as well as craniosacral work, into her practice.

What I did learn about reiki was that, both as a theory and a science, reiki is astoundingly simple and devilishly complex, with significant applications in the fields of traditional and emerging medicine. Reiki was invented and pioneered by a Japanese monk named Mikao Usui, who developed the initial techniques that were subsequently passed down from generation to generation of healers in a very personal and intensely secretive fashion, until it eventually landed stateside in Hawaii and spread to the mainland.

Reiki today refers to many different variations of the original method, and can also be used as a blanket term to categorize methods of healing that are not, technically, reiki. As one of my interviewees asserted, "You can't stand on a street corner and swing a dead cat in this town without hitting a reiki practitioner," but even if this statement is proven true (experiments are still inconclusive), after inviting some of these mystical universal forces into my own body, I can safely say this a good thing.

For the few skeptics still reading this article, perhaps the most persuasive evidence I can offer of the validity and reality of reiki is my own personal experiences under the spell of this ancient art. At great personal risk I placed myself in the able hands of several practitioners, whose effects on me ranged from decisive filming of peripheral vision and jelly-like substance replacing cartilage in the knees (which made for an interesting drive home), and, most startlingly, waving of the arms, seemingly under their own power, in the creation of arcane symbols in the air. This frightened me, as I am not prone to spontaneous outbursts of channeling, but did drive home the point that there were larger forces at work.

But perhaps the most astounding aspect of reiki is its versatility; in this vein, I have attempted to cobble together seemingly mutually exclusive applications and professions that all incorporate reiki to some degree. There is seemingly no limit to the fields that reiki can influence positively, and as such I present two individuals who have incorporated reiki into their areas of expertise, and two individuals who have earned the lofty title of reiki master. And as different as they may seem, all of these incredible people share an unequivocal commitment to helping those who are in pain.

Kathleen Dvorak

Kathleen is a chiropractor by training, a classical music and arts enthusiast by birth, and a sunny woman by disposition. But while simply learning the nuances of vertebrae and spinal fluids might satisfy the curiosity of any other chiropractor, Kathleen has taken a strong interest in using reiki in her practice. It should also be noted that Kathleen strongly believes in the connection between psychological distress and the physical manifestations of troubled minds. A Freudian chiropractor may seem unusual, but these elements can be readily combined with the help of a certain method of energy healing which, for the purpose of secrecy, shall remain nameless. OK, OK, it's reiki.

Kathleen was brought up with a strong Catholic background, and was instilled with a strong drive to help people in pain whenever possible. After taking a position in campus ministry, she concluded that many of the physical ailments students were exhibiting were the results of psychological trauma and high levels of stress. This evidence suggesting that mental turbulence and tangible illnesses were linked led her to attend the Cleveland Chiropractic College, where she earned her degree in 1989.

She had now been given the tools to treat physical problems, but was still searching for the bridge that would allow her to work with both the mental and physical roots of suffering. Kathleen became involved with the Lighthouse Center, where she was exposed to reiki, and decided to further explore its healing potential. This proved to be the link between physical and psychological ailments that she had been looking for, and allowed her to heal both the body and the mind simultaneously.

In addition to chiropractic work, Kathleen also does craniosacral work and trauma healing, both of which are designed to help the body release pent up energy blockages and tension. To get at these blockages, Kathleen uses reiki to shake them up, which is (loosely) comparable to bombarding a kidney stone with sound waves. While describing her "eclectic" healing techniques, Kathleen notes that most people do not "listen to their bodies;" for example, if your body twinges in pain while you, say, arm wrestle an East German shot putter, "you shouldn't do it."

Massage Therapist Robin Ashlock brings Reiki to her animal healing work.

While most of her clients are simply seeking a spinal adjustment, Kathleen still has the opportunity to use reiki in the most straightforward of her sessions. Usually employed to ground patients before therapy begins, Kathleen notes that reiki definitely helps "bring the self back to the body," and also facilitates the patient being more in touch with his/her body. Reiki is also useful in helping to regulate the exchange and interplay of energy between organs of the body, and releasing "what is stored as negative energy." So whether your spine is misaligned, your organ energy is unyielding, or your thoughts are trapped in trauma, Kathleen Dvorak has the tools to heal you.

Robin Ashlock

Robin Ashlock has been a massage therapist since 1998. Reiki entered her life through an unusual avenue: her specialty, and passion, is animal healing.

Robin had multiple dogs and cats growing up on her stepfather's farm. She was also surrounded by cows, pigs, a goat, a pony, and over 40 horses her stepfather boarded, which effectively illuminates why she has been infused with such a love of all creatures great and small. She tells me that animals "have been among, and continue to be, the best teachers of my life," and that she would have gone to veterinary school, but flunked physics twice. We commiserate over this shared shortcoming, then move on.

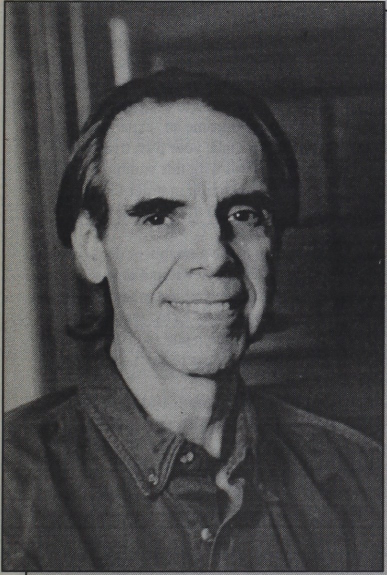
I spoke with Dr. Elena Gillespie, one of the authors and co-investigators of a study on reiki begun in 1998 and conducted at the University of Michigan, about the mechanisms and results of her work with co-author Martin Stevens. Although she was reluctant to give the Crazy Wisdom Community Journal the scoop over slightly more prestigious medical journals, she could tell me that 202 total patients participated in the study, which focused on diabetic neuropathy, and that a "statistically significant" number improved during the course of the treatments. In some measurements there was a 95% probability that improvement was due to the introduction of reiki. The complete study should be published some time in the next seven months.

- M.M.

Her teacher at massage therapy school was none other than Suzy Wienckowski, and Suzy's emphasis on reiki as an element of massage piqued Robin's curiosity about its potential applications in other fields. But perhaps the true epiphany occurred when Robin's first dog began having severe attacks of epilepsy; drugs and medication were ineffective, so Robin used reiki to ease the canine's passing.

Although it was not an overnight change, Robin began to focus more and more on ways to help animals using her considerable skills. She teaches dog training classes at Country Kennel in Saline, and uses not only reiki, but also animal massage (which is different than just petting), flower essence healing, and aromatherapy to help relax and train animals. She noted that reiki toned down the "fight/flight response" in her patients, and says that animals will clearly indicate whether or not they want reiki, and how much. Be warned, house pets: Robin can, and will, "turn it up to 11."

She relates to me a story about finding a baby sparrow in a bucket of bleach water as a clear indicator that animals do appreciate, and enjoy, reiki; after scrubbing the chick with soap, she performed reiki on it for fifteen minutes to calm its rapidly beating heart. She opened her hands to release it, but the bird was not going anywhere, and only after another fifteen (free of charge, we can only assume) minutes would it fly away and rejoin its mother, who was observing this strange ritual from a safe distance. Her ultimate goal is to phase out people massage entirely and open an animal clinic specializing in holistic healing and communication between man and beast. Animal lovers, rest assured that your four legged family member is in excellent hands, with Robin.



An engineer by background, Reiki Master Ray Golden leads Reiki workshops, as well as teaches classes in developing intuition, and in animal healing.

Ray Golden

Ray Golden is not your typical reiki master; for starters, he is the only 3^{rd} degree certified (master level) Reiki practitioner I know of with a masters degree in engineering from the University of Michigan. He put this degree to good use designing industrial computers for the Big Three automakers, until Ford decided to employ his small company permanently, at which point Ray became expendable. He began having unexplainable "experiences," which eventually led him to study reiki under the noted holistic physician Gabriel Cousins, who also holds the curious honor of being the only reiki master to be inducted into the National Football Hall of Fame. But becoming a reiki master is not as easy as running a ten yard buttonhook on two deep zone coverage, and Ray studied diligently for five years before he was awarded the title of "master."

Ray walks with a nasty limp, the result of a broken neck in a diving accident when he was nineteen years old. Despite temporary paralysis and the lingering effects of such a debilitating injury, Ray shrugs it off as "something I'm supposed to go through." Ray is a strong advocate of people "going through things," which, when explored in greater depth, is actually a paraphrase of Ray's belief that people's lives consist of karmic cycles they are supposed to experience, with sickness being no exception.

This becomes problematic only when people are not ready to be cured; for some people, their "illness or problem is part of their identity," and thus they are not prepared to lose the malady and become both a different person and healthy. Metaphysically, "the energy coming through is based on what a person needs," but it also "honors a person's boundaries," so people unready or unwilling to feel good again will probably not experience any tangible benefits of Ray's ministrations, and need not apply.

For those ready to make the leap to great health, Ray has finagled miracles involving people sicker than yourself. He was performing work on a man waiting on the liver transplant list when a massive energy, like "being in the middle of a hurricane," hit Ray, and through Ray, the patient on the table. The man returned for another session a week later, then disappeared, but months later he called Ray to inform him that not only was he off the liver transplant list, he wanted to take classes on reiki.

If that wasn't enough, Ray actually detoxified himself when his appendix exploded. He was "in agony," with a 103 degree fever, when a "lightning bolt" of energy smashed into his abdomen, perplexing the doctors who later diagnosed that his appendix had ruptured days earlier, but that surgery was totally unnecessary. Ray grins and notes that incident won him quite a bit of fame around the hospital.

Ray's talents lie not only in waxing philosophical and turning water into wine, but also in the classroom, where he has been teaching all degrees of reiki for thirteen years. Like every good dojo, Ray has a secret technique he uses in his training of would be reiki practitioners, which I will reveal to you here as it was revealed to me, risking the wrath of a man who could conceivably save my life someday. The secret, he tells me, is in the initiations.

While other masters and schools have, over the years, begun initiating apprentices en masse, Ray still prefers the good old fashioned method of one on one initiations. He likens it to "turning a radio dial" to get the right frequency, and it also leaves the practitioners "aligned for life," without the need for further adjustments in energy balance. When group initiations are performed, it is difficult for individuals to be correctly attuned to the mob frequency, sometimes resulting in misdirected energy coming through the apprentice, and into the patient.

Reiki has played a critical role in Ray's life, and he has endeavored to make it a part of other people's lives as well. He has studied with six other 3^{rd} degree masters besides his mentor Gabriel, has taught psychotherapists in his classes so they could better help their clients, and has participated in a cutting edge University of Michigan study on the healing effects of energy work in medicine, with results unpublished as of yet (see sidebar). But what ultimately brings Ray back to reiki again and again is that he considers helping people "rewarding," and that "giving people what they want," is its own benefit, and he asks no more than that.

Suzy Wienckowski

Suzy remembers that early on in life, she was always rubbing people. Since both parties seemed to enjoy the arrangement, Suzy began pursuing a career in massage therapy, but soon encountered the problem of persistent arm pains from such intensive hands on work. Looking for a gentler way of working with people, Suzy found reiki, and has since become a 3^{rd} degree master, applying reiki in her personal practice and her classroom at the Ann Arbor Institute of Massage Therapy.

Suzy Wienckowski is a Reiki Master and Reiki teacher, as well as a teacher of massage therapy.

Suzy believes she has been unconsciously performing reiki all her life, but teaching it requires a little more exertion, as does learning it. She emphasized to me that she is not an easy teacher to have, and that a serious commitment of time and effort is necessary, especially if one wishes to progress toward the higher ranks, but the work itself is "personally invaluable."

Classes begin with learning the history and story behind reiki, and prominently sitting across from me, benevolently facing the massage table, are photos of Usui, the founder of reiki, Hayashi, the man who trained the next generation of masters after Usui's death, and Takata, the woman who brought reiki to the West; I refer to them as the "Reiki Triumvirate."

By tracing her lineage of teachers directly back to Takata, 7 generations removed, Suzy is eligible to become a member of the Reiki Alliance, and, in fact, is one. The Reiki Alliance is not, among other things, the arch enemy of the Justice League, but an organization devoted to promoting a specific interpretation of reiki, one that members believe conforms closest to Usui's original methods.

To become a member of the Alliance, one must link their lineage directly to the teachings of Usui by retracing the teachers of their teachers until they reach someone personally taught by the monk, very much like an inverse family tree. Suzy believes strongly in honoring time, which led her to the Alliance, and is unashamed to call herself a "traditionalist." Her gratitude for the triumvirate's work is because their teachings "opened me up to my spiritual nature."

Aside from her devotion to Usui's theorized original method, Suzy is pretty flexible when it comes to actually performing her craft. She applies "everything [she] can to resonate with the cosmic life force," and uses her daily self reiki session to keep in close contact with that force. She likens it to meditation, noticing a "profound difference" before and after.

Once she's tuned in, Suzy has to clear her body of any impediments that may block the flow of cosmic energy, such as energetic knots, stuck emotions, and unhealed injuries. These things are like boots, car batteries, and livestock droppings in a river; you wouldn't drink out of a river like that would you? And in the same way, Suzy feels she owes it to her patients to give them the cleanest, non-flourinated energy possible. We think Usui would be proud.

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An Interview with Ann Arbor Attorney and Activist, Molly Reno, on Cancer, Photography and Healing

(Molly Reno is a known and respected lawyer, feminist and political activist, with deep roots in the Ann Arbor community. She is a resolute and kind woman of great humor, never far from a mischievous twinkle. She is also a longtime friend of Crazy Wisdom Bookstore. Last year, she was diagnosed with breast cancer, and her medical challenges have motivated her to do some very interesting, and beneficial, healing work. Living with cancer, and growing from the experience, is such an important issue in our society, and we are grateful to Molly for her willingness to talk about her own growth and healing. The interviewer is Molly's good friend, Jonathan Ellis, a Florida-based spiritual director with strong ties to Ann Arbor, and to Crazy Wisdom.)

Jonathan Ellis: When I was a child, a relative gave me a very old camera. It was so old that it took me a while to find the right size film for it, but when I did, I spent the whole next week looking for things to take pictures of. I can remember how excited I was when the pictures came back and I got to see something I actually photographed. I mounted the photographs in an album and was so excited by the process and the result. Tell me about your interest in photography and how it developed.

Molly Reno: My interest in photography took off last year when I attended a Healing Retreat in Maine entitled Photography as Meditation. The premise of the retreat was that taking a good photograph requires being present to what is in front of you — thus photography as a form of mindfulness meditation. One of the course leaders was Elizabeth Opalenik, a professional photographer. Elizabeth believes that every photograph is a self-portrait, that every photograph reveals the photographer.

Jonathan Ellis: Tell me about the photography aspects of the Healing Retreat.

Molly Reno: Photography was used as the primary form of expression at the retreat. Each day we were given digital cameras and a photography assignment. The first day's assignment was 'Using nature as a metaphor, take a picture of yourself as you are now and another picture of yourself as you would like to be." So we were asked to photograph an aspect of nature that illustrated a characteristic of our current lives which we found problematic.

The retreat center is located in the woods and on the ocean so there were many beautiful areas to walk in contemplation and take pictures of nature. I was feeling burdened by too many work commitments and I photographed a rock formation which had a tree growing around and leaning on it to express my sense of being weighted down by commitments. Each day, the photographs were printed. We met as a group and used the photos as a springboard to discuss our lives, changes we wanted to make and ways to bring about those changes. It was an innovative way to get to know each other and to engage in deep personal learning.

Photo by Nina Hauser

Jonathan Ellis: What were some of the other photography assignments?

Molly Reno: One exercise was to photograph both 'the death of beauty' and 'beauty in death'. We walked to a bog where there were dead trees, decay and new life. People took some amazing pictures. In our discussion afterwards we discussed the cycle of life, our images of death and our feelings about our own death.

Another day, we examined the shadow side of ourselves using the Jungian concept of shadow and contrasted it with our higher selves. Two of the co-leaders were professional photographers, and they posed each individual so as to show her shadow side and then took a second photograph of each person's higher self. We were given copies of these photos with a recommendation that we look at them each day to remind ourselves that with intention we can choose which aspect of self we want to operate from.

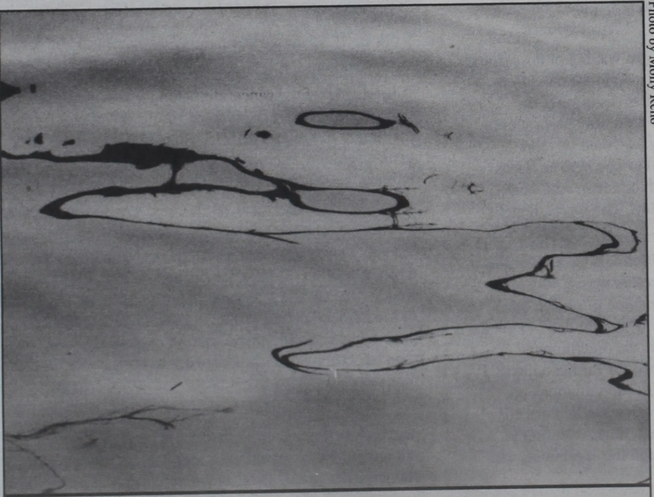
Photo by Molly Reno

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Jonathan Ellis: The Healing Retreat you went to was offered particularly for women with cancer?

Molly Reno: Yes. The Healing Retreats are offered to women with cancer or other life threatening illness. Doctors, nurses and other caregivers can also attend the retreats to replenish themselves.

Jonathan Ellis: Molly, when were you diagnosed with cancer?

Molly Reno: I was diagnosed with breast cancer in December 2003.

Jonathan: Those who encounter cancer often go through a number of stages from the first suspicions to diagnosis to treatment, hopefully, to cure or remission. What was it like for you? What were the stages of your experience?

Molly: I had what I thought was a routine call back on a mammogram. I was somewhat annoyed because I had been called back 4 months earlier and had a biopsy for what turned out to be calcification. I assumed I was stuck on the medical treadmill and more of my time would be sucked up over nothing. I was totally blown away when the surgeon told me it was breast cancer. I have been a vegetarian for many years, I exercise, I meditate, do yoga. I did not consider myself a candidate for breast cancer.

Jonathan: As you began to deal with the shock of it, what helped you, I suppose first, with the acceptance of it? The reality of it?

Molly: My first thought was to get on the phone and call my brothers and sisters and close friends. As I tried to decide whom to call first, I experienced a moment of grace. I realized that rather than stepping into action, I needed to just sit with the news that I had cancer and try to let it sink in. I needed to ponder what it would mean to me to undergo treatment over the next few months before I externalized my experience in conversation with others.

My partner, Susan, and I lit a fire and sat down in front of the hearth with our best bottle of wine, fruit, some bread and cheese. As we tried to absorb the breast cancer diagnosis, it came to me that there were many things in my life that I still had to be grateful for starting with having a partner like Susan with whom to face this challenge.

We began to name all of the things in our lives that we were grateful for, realizing that these things would still be present despite my cancer diagnosis. I consider it a moment of grace to have focused on things we were grateful for in order to create an overall context in which to approach the news of cancer and the upcoming treatments.

The other thing you have to do when you get diagnosed with cancer is to become an 'expert' on available treatments so you can make your own treatment decisions. So first you are hit with this stunning news and then you are galvanized into action in order to understand what is being recommended and to be able to make wise decisions.

My first surgeon made a treatment decision to do a lumpectomy instead of a biopsy without discussing it with me. I thought I was having a biopsy and only found out later that he did a lumpectomy. That was a wake up call for me to do my own research and to take charge of my treatment decisions. Needless to say I got a new surgeon.

Jonathan: You underwent cancer treatments?

Molly: I was fortunate that my cancer was detected early – it was Stage 1 so I had a lumpectomy and a re-excision but did not have to have chemo. I declined radiation treatments but I take tamoxifen.

Jonathan: Some people speak of the gifts of cancer.

> I was totally blown away when the surgeon told me it was breast cancer. I have been a vegetarian for many years, I exercise, I meditate, do yoga. I did not consider myself a candidate for breast cancer.

Molly: I would not describe cancer as a gift. Too many people's lives are ravaged or ended by cancer to call it a gift. However, facing the personal challenges that come from cancer or other life threatening illness can bring about personal transformation. For me being diagnosed with cancer triggered a feeling of deep vulnerability, which although very disturbing and tremendously uncomfortable has overall been good for me.

I think I have avoided feelings of vulnerability all of my life. In retrospect becoming a lawyer was probably a hedge against feelings of vulnerability, a way of protecting myself by becoming more powerful. Being diagnosed with cancer was such a jolt; my illusions of control over my life were decimated. I could not help but face my vulnerability.

When I was at the Healing Retreat, I had an even deeper experience of my own vulnerability. Something about the setting of Retreat, the exquisite natural beauty, watching the tides come in and out, witnessing the sun rise over the ocean every morning, having someone prepare delicious, healthy food, morning yoga and meditation all served to create a very deep sense of safety which in turn allowed me to experience my vulnerability on a deeper level. I came to understand that for me owning my vulnerability is tied to self-acceptance. I think feelings of vulnerability have softened me in a good way.

Photo by Nina Hauser

Being diagnosed with a life threatening disease has forced me to face my mortality. Life is finite and my life is finite. From this understanding I have new motivation to make sure I use my time well. The cancer diagnosis has provided me with motivation to pursue new paths now rather than later.

Jonathan: What are the life changes you have made that you attribute to cancer?

Molly: Cancer has given me motivation to make certain changes in my life. I have been a lawyer for over 25 years. As a lawyer, I rely to a great extent on my intellect. This is not to say I don't use my heart when practicing law but most often people come to lawyers to analyze legal problems. I brought a certain intellectual capacity to the law and practicing law has served to further develop my mind. For some time, I had been looking for an opportunity to focus more on feelings and have more heart based connections.

I resonated in such a deep way with the experiences at the Healing Retreat Center in Maine that I asked if there might be a role for me. I was offered the opportunity to train to lead Healing Retreats. I have gone to a couple of training sessions including a weeklong training in somatics at the Feathered Pipe Ranch in Montana. This summer and fall I am apprenticing at the 5 Healing Retreats in Maine. I am excited by the work of the Retreats.

Jonathan: What's the training like?

Molly: The training is very humbling. Very humbling because to be a good retreat leader, you have to speak from the heart. I am used to speaking from my intellect. As a lawyer, when I speak to juries and other groups, I'm always talking about an issue outside of myself. I'm talking about what happened to other people. I'm reciting facts. I'm advocating on someone else's behalf.

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In the training, it's very clear that I have to speak from my heart and I have to self-disclose my own process and share my struggles and ways in which I learned certain things. The concepts of the retreat — healing, forgiveness, conditioned tendencies and assessments are all illustrated through one's personal experience. I found that at the first training I stood up in front of the group and my mind went blank and I just froze. I was overcome with fear. I didn't know where to go. I couldn't rely on my usual skills, my intellect, in presenting this information.

It's traumatic to just go from being an attorney for more than twenty-five years; I've developed a certain competence as an attorney and now I'm a beginner. A beginner makes mistakes because, by definition a beginner doesn't know. A beginner has to learn. It's humbling to go from a feeling of competence to being a beginner.

Jonathan: Tell me some about what is meant by a Healing Retreat?

Molly: The retreat center was started by a Harvard trained internist, Matthew Budd, who prior to retirement taught at the Harvard Medical school and was an architect of the Body Mind program at the Harvard Community Health Plan. Matthew has led courses working with the body mind connection for over 25 years.

In the retreats, Matthew helps people to see that emotions live in the body and emotions such as anger, anxiety, grief and depression cause chemical changes which have many negative effects on the body such as raising blood pressure and/or depressing the immune system to name a few. Other emotions such as joy or peace of mind serve to stimulate the immune system.

This is not to say we are to blame for our cancer or illness—— genetics, environmental contamination and some traumas are beyond our control. However we can create an interior environment to promote healing and the optimal functioning of the immune system.

At the retreat we explore what it means to heal. A premise of the retreat is that healing occurs on the emotional, spiritual and physical levels. We can take responsibility for healing on the emotional and spiritual level and such healing will not only make us feel better and allow us to lead more fulfilling lives but spiritual and emotional healing serve to promote an internal environment which supports the immune system and promotes its optimal functioning.

We do not have control over whether we heal on the physical level due to factors such as genetics and environmental contamination. However, spiritual and emotional healing enhances the likelihood of physical healing or cure.

Jonathan: Are all of the retreats aimed at women with cancer?

Molly: All of this year's retreats are aimed at women. Next year there may be some retreats for men including a retreat for men who have had heart attacks. Research shows that anger is more of a determinate than cholesterol as to who is a candidate for a heart attack

Jonathan: Some of the retreats include photography as an element, or do all of them?

Molly: All of the retreats include some form of creativity — photography, writing, story telling, and movement. Creativity is important because to create something is to bring an idea or concept from the realm of possibility into existence. In the retreats we exercise the same creative muscle needed to become the creators of our own lives and bring things from the realm of the possible into being.

Jonathan: Tell me about the location of the retreat center you attended.

Molly: It's located in Georgetown, Maine on an island in Boothbay Harbor about an hour north of Portland. It is a relatively undeveloped area. Lots of space between the houses and lots of trees. You don't really see other houses from the retreat center.

Jonathan: What's the retreat center itself like? Is it one building?

Molly: It's one building. It's a wooden chalet that was built around the turn of the last century by a Boston photographer, F. Holland Day. Fred, as he was called, often brought immigrant children from the tenements of Boston to his chalet to spend a couple of weeks during the summer. One of the children he mentored was the poet, Kahlil Gibran.

Jonathan: Yes, who went on to be an author of *The Prophet* and so many other books.

Molly: Yes, so the house has a history and a certain energy and presence to it.

Jonathan: How would someone find out about the retreats?

Molly: There is a web site www.fhollanddaycenter.org and anybody who might be interested could contact me. I would be glad to talk with them about it and there are scholarships available.

Jonathan: Do you feel that since you are a woman who has had a serious illness that this gives you a particular base to work with other women who are confronting serious health challenges?

Molly: Yes, I think that it does. One of the powerful aspects of the retreat for me was being with eight other women, all of whom had a diagnosis of cancer. All of us had faced the fear or been confronted by the fear of death and it felt like a safe space in which I could look at the ramifications of my mortality. Because I have done that, because I continue to wrestle with my personal mortality, continue to be aware that life is finite, that my life is finite, I think that I can be present with other women in their journey in a way that I couldn't have been if I didn't have a cancer diagnosis. Without such a diagnosis I really wouldn't know. I could only guess.

Jonathan: You went from being a person who discovered they have cancer, through it's treatment, finding this retreat using photography as a creative way to support women with major illness, and now to training to help with such retreats in the future.

Molly: Yes.

Jonathan: Sounds like a pretty full circle.

Molly: Yeah, I couldn't have asked for more. Through the challenge of the cancer diagnosis, I feel like a path has opened before me. I don't know what will come of it, but at least I have a direction, a road I'm starting down. Susan, my partner, is also involved in the retreats. She creates a ritual for the end of each day and selects poems and readings for the start of the daily meditation. It is a real gift to be part of this together.

Jonathan: Will you continue to practice law?

Molly: Yes. I expect to continue practicing law as well as leading retreats for at least another 5 years. For the past 10 years, I have represented women prisoners who have been sexually assaulted or sexually harassed by prison guards in a large class action lawsuit. I want to see that case through to the end.

Jonathan: I want to go back to the use of photography at the Healing Retreats. How does what you see, as the basis of a photo, effect your ability to deal with cancer?

Molly: I don't dwell on cancer, although the fear of recurrence is always in the back of my mind. I use the awareness of the risk of recurrence as a springboard and a motivation to try to live life as fully as I can and to realize that life is finite and to take responsibility for creating my life and using each and every day.

Photography is one way to focus on the small aspects of life. To slow down and look at what's in front of you. To look at a flower. To look at a leaf. To look at a tree. To look at the play of light on water. To look at the reflection in a puddle. To look at... Just to look and to see all of the beauty that is in front of me that I don't see when I get busy and I'm just trying to accomplish more, rushing around and putting too much on my plate. Then I don't see what's right in front of me.

When I have a camera and I'm looking through that camera lens, there's only a limited space that I can see at one time. So it really helps to focus me on the micro. That enhances my appreciation of the present moment. It has really been a great gift.

Jonathan: Thank you.

###

Music, Healing, and Transformation

By Jeanne Mackey

Photo by Pattie Postel

(Jeanne Mackey is a musician, community-builder, and workshop leader with a lifelong devotion to personal and societal transformation. Since moving from Ann Arbor from Washington, D.C. in 1995, Jeanne has been involved in a range of community activities, including directing Sacred Song, performing with the band Songcatchers, co-producing the "Love Makes a Family" and "One Song, Many Voices" benefit concerts, organizing community grief rituals, and leading workshops on Nature as Teacher *and* Women at Midlife.*)*

It was my dad's 80th birthday celebration. He had Parkinson's disease. His memory was fading, and his thinking had slowed. But his face brightened as the family band assembled to entertain the roomful of friends and relatives in the church basement. We led Dad to his seat on the stage as my brothers and nephews set up on drums, bass, and electric guitar. Five-year-old niece Tricia picked up a tambourine as I approached the microphone with my acoustic guitar. Dad pulled a harmonica out of his coat pocket and started us off on an upbeat rendition of "Autumn Leaves." As he played, you could feel peoples' perceptions of him start to shift. They began to see him, not just his illness. By the end of the evening, he was joking and talking, looking more like his old self than he had in a long time.

Throughout my life, I have experienced music as a powerful way to strengthen connections and open our hearts. Music is and has been my beloved companion, a lifesaver at times. I know how it feels to give voice to the songs inside, and I love helping other people make that discovery.

When I first played the piano as a little girl, music seemed magical to me. When I was an angst-ridden teenager, it helped me express the pain and anger of being an outsider. As a socialist-feminist political activist, I found music was a great way to bring people together—and more fun than attending all those organizing meetings. When my friend was diagnosed with cancer, music helped us come together in healing circles. When I moved to Ann Arbor after 20 years in Washington, D.C., music helped me find community. After September 11, it provided a way to gather kindred spirits to express our values of peace, justice, and cultural diversity.

Like any intimate relationship, my connection with music has changed and grown over the years. In the beginning, I just wanted to explore the sounds and express myself. Then I learned how great it felt to share the songs with others, the alchemy of doing it in a large venue. At times I got caught in an anxious scramble to "make it." Sometimes I sang songs that were political speeches put to music. Years later, the lyrics took a back seat for awhile as I deepened my understanding of different musical forms, like jazz and rock. Lately it's been a lot about building community.

This past winter, I was reading an article by my teacher Myron Eshowsky about resonating hope in this time of fear in the world. Of course, when I hear the word "resonance," I think of music. I decided to bring together a group of friends to record an album of simple, rhythmic chants. I chose songs that foster hope and a sense of commonality. The songs are simple enough for novice singers to incorporate into the soundtrack of their lives, and give lots of rooms for seasoned singers to embellish. It's been a rich and deeply satisfying process—from conversations with the various songwriters around the country, to the rehearsals and the recording day itself at Temple Beth Emeth/St. Clare Episcopal Church. This September, we've planned a celebration of the release of the CD, "Home to the River of Love," where we'll teach the chants to the audience and sing them in circle with accompaniment on flute, harp, percussion, guitar, and sitar.

Although the piano was my first instrument, the guitar was where I found my voice. I learned harmony by singing along with the Beatles. When I first put Bob Dylan's "Highway 61 Revisited" on the turntable in our Oxford, Ohio living room, I immediately started memorizing all the songs. The finger-pointing anger, dark humor, and thinly veiled bitterness in Dylan's voice and lyrics fed my repressed adolescent soul.

When I discovered the women's movement in the 70s, I searched for feminist songs, but found just a few, like "Don't Put Her Down; You Helped Put Her There" by Hazel Dickens. It was when I moved to Washington, D.C. that I learned how music can build community.

I moved from Ohio to D.C. in 1974 to join Source, a living/working collective that wrote organizing manuals for social change. Source was part of a wave of collectively run businesses in the area. It was an exciting time that I'm grateful to have been part of. There was a definitely a shadow side to it—we could be harshly judgmental in our fervor to make change. But there's much to be said for our dedication and creativity. We were so passionate about creating a just and peaceful world. We believed we could do it—and soon! The economy was such that small businesses were actually sustainable, which is less and less the case today. We would come up with ideas and make them happen. That experience still serves me well.

After we finished the Source catalog on health care, I met my next door neighbor, a singer/guitarist named Mary Trevor. She had just come out as a lesbian, and I was exploring. We became a musical duo, singing for social justice and feminist events in D.C., and toured on the newly-forming women's music circuit.

> *"Whether it's a love song or*
> *only lonely blues,*
> *Woman, you know you got to*
> *face the music.*
> *Face the music, though you can't be too wary,*
> *For it leads you on a merry dance."*
> *—"Face the Music" by Annie Dinerman*

Mary and I played at hundreds of benefit concerts. Sometimes magic happened at these events, as we sang in community, expressing our common vision, our hopes, our longing. Because we were so marginal in terms of mainstream society, it was exhilarating to give voice to our shared dreams in this way. We felt we had created a liberated zone where for one evening, we got a taste of how it could be—this world we wished to bring to birth.

> *"And the ones who've gone before us will show us*
> *the way.*
> *And the ones who follow after will welcome the*
> *new day.*
> *And the ones who've gone before us will join in*
> *the chorus,*
> *When we do, when we make it through."*
> *—"The Ones Who've Gone Before Us"*
> *by Dorie Ellzey Blesoff*

We wanted to change the world so desperately. So we got into the usual human troubles as we struggled to find the One Right Way to go about it. Mary Trevor and I ended our musical partnership over political disagreements. I tried to stay mad forever, but I missed her. We reunited in the early 80s with a focus on songs of working women. We added a band name, "Lifeline," a drummer and a bass player. I got a Fender Stratocaster and a wah wah pedal and we began performing at labor conferences and women's and social justice events around the country.

Throughout my life, I have experienced music as a powerful way to strengthen connections and open our hearts. Music is and has been my beloved companion, a lifesaver at times.

JUSTICE AND
PEACE
CENTRAL AMERICA
SOUTHERN

Jeanne Mackey performing at a political rally in Washington, D.C., in the late 1980's.

Lifeline had a great run as a women's rock band. We shared the stage with some wonderful musicians, like Pete Seeger and Toshi Reagon. We were loud, we had a beat, we had attitude. What we had lost was subtlety, which is one of my strong points. And as I approached age 40, I had to face the fact that I still had my day job as a part-time editorial assistant.

A friend recommended that I see Lucille Kinlein, a healing practitioner who did applied kinesiology, where your body answers yes and no questions. I asked if my main work is as a performing musician. The answer was no. Is my main work as a teacher? Yes. As the tears began to fill my eyes, Lucille said quietly, "Let's ask if part of your work is as a performing musician." Yes.

It felt true, that my main work in life is teaching, and that music is part of how I teach. Saying it out loud was a turning point. Within a year, I had left the band, quit my day job, and was pursuing a master's degree in social work in order to become a psychotherapist. I had always felt drawn to psychotherapy's power to spark personal transformation. The weight of the responsibility scared me, but I decided to go for it. I continued to perform sporadically with a group called Harmony Bones (named after an acupuncture point).

Photo by Pattie Postel

When I started my first social work internship as a counselor in a county methadone clinic, I was overwhelmed by peoples' pain. I could no longer deny that some amount of suffering is an unavoidable part of life. I had seen too much to attribute it all to systemic injustices. This spun me into an existential/spiritual crisis. In the midst of it, I got a call from my dear long-time friend Diane. She had been diagnosed with an aggressive form of cancer.

During the next year and a half, Diane fought for her life. I helped organize monthly gatherings where we used music to focus our healing intention—simple chants that we could easily sing together. As we sang, we passed a glass of water around the circle, charging it with our loving energy. As Diane drank the water, we prayed that her body and spirit would be restored to balance.

Diane died in 1992. Although she did not receive the physical healing that we all longed for, she clearly experienced profound healing on a soul level during the course of her illness. At Diane's memorial service, we sang one of her favorite songs, "Gracias a la Vida" (Thanks to Life) by Violeta Parra:

"Thanks to life that has given me so much.
It has given me laughter and it has given me tears.
Thus I can tell the difference between joy and pain—
The two things that make up my song;
And your song, which is the same song;
And the song of all people, which is my own song."

> It felt true, that my main work in life is teaching, and that music is part of how I teach. Saying it out loud was a turning point.

In the depths of my grief about Diane and the enormity of suffering in the world, music helped me connect to something transcendent, something that enlarged my soul, where I experienced one-ness. I began to realize that music was one of my strongest connections to Spirit. The natural world was another.

I was raised a Lutheran. It just didn't work for me. The way I interpreted the teachings, it seemed that you had to be perfect to be good. So I figured I must be bad. God was a strict judge, always looking over my shoulder. *"He sees you when you're sleeping, he knows when you're awake—he knows if you've been bad or good."* I'm still plagued by those concepts of absolute good and evil.

As I searched for spiritual answers, I felt drawn to practices and beliefs that had a more organic view of morality than what I was raised with. I first learned about shamanism from a dear friend in D.C. She went to a weekend workshop with Michael Harner through the Foundation for Shamanic Studies. She described using a drum beat to alter her consciousness and journey into "non-ordinary reality" where she met various spirit guides in animal and human form. The idea of finding the magickal world that co-exists with ordinary life was both enthralling and scary to me! Over the years, I moved through some of the fears and began to believe that I might actually have loving allies in the spirit world. Over the last several years, I've been studying and practicing shamanism and peacemaking with Myron Eshowsky, the founder of Pathways Foundation for Peace and Healing.

Another opening in spirituality came through the School of Lost Borders, founded by Steven Foster and Meredith Little in Big Pine, California. Steven and Meredith led wilderness rites of passage in the form of a 4-day solo fast in nature with three taboos: no company, no food (except water) and no shelter. Everything that happened during the fast was viewed as communication with Spirit and a mirror of one's life challenges. I undertook my fast in 1998. When I returned from the four days and shared my story, I offered the chant that came to me in the desert:

"Gonna keep my feet a-movin' (don't hold back!)
On a path of freedom (don't hold back!)
Gonna walk in beauty (don't hold back!)
Trust where I'm coming from (don't hold back!)"

Pattie and I left D.C. to relocate in Ann Arbor in 1995. I couldn't find a job as a therapist in Ann Arbor, so took a position in the adult outpatient department of Community Mental Health in Howell. Meanwhile, I sought opportunities to connect with other musicians.

I knew a couple of people in Ann Arbor. One was Elise Bryant, a gifted playwright, director, singer, and community organizer. Soon after our move, Elise invited me to be part of a benefit concert to raise money for her upcoming trip to Africa. It was called an Evening of Sacred Song. I couldn't imagine a better introduction to Ann Arbor than this project, which combined spirituality, social justice, and music. It was an eclectic, racially and spiritually diverse mix of professional and amateur singers. The concert was such a success that we decided to make it annual December event. It has become an alternative holiday celebration, with each year's proceeds going to local nonprofit organizations. After Elise left the area, I co-directed the group with Rhonda Bantsimba until 2004. Rhonda and I also organized and performed in a benefit concert at the Ark in 2001--our response to September 11. We called it "One Song, Many Voices."

I first heard Kathy Moore sing with Stephanie Ozer when we shared the bill at a women's labor event in Lansing back in the 80s. I was mesmerized by the beauty of Kathy's voice, her musical virtuosity, and the heartfelt emotion that she expressed so eloquently. I contacted her after moving to Ann Arbor, and we developed a friendship. We performed for a few years with Don and Matt Allen as "What's Inside" and more recently, as the improvisational group "Songcatchers" with Laz Slomovits, Don Allen, and Tim Twiss. Kathy's idea for Songcatchers was to make music out of silence, to listen and respond to one another and communicate with music rather than talking. There were times when the music took us all to a place we'd never been—times when the music became prayer.

Just as there were new musical influences in Ann Arbor, there were spiritual influences I hadn't been exposed to. I met ShuNahSii Rose in Sacred Song and studied and practiced goddess spirituality with her circle of women for several years. I learned from ShuNahSii that spirituality can be joyful, playful, and outrageous. I loved how we celebrated the earth holidays and the way the rituals touched all our senses: the lush colors of the altar, the sumptuous food we brought to share, the circle dances, and always the singing. ShuNahSii had a knack for coming up with the perfect chant to complement whatever magickal work we were doing. Once again, I was experiencing the power of simple rhythmic singing.

"Free the heart, let it go; what we reap is what we sow!"
—Diana Earthmission

My interest in chants led me to take a workshop with Kay Gardner at the Michigan Womyn's Music Festival in the late 90s. Kay was a pioneer in women's music who was passionate about music's ability to heal and connect. She started a group in Bangor, Maine called Women with Wings. made up of a mix of professional and amateur singers who compose and perform chants that invoke the sacred. After the festival, I got together with my friends Lisa Marshall Bashert and Ayron Smith-Douglas to form Women with Wings West. We gather once a month to sit in circle with other women and share songs that are sacred to us. Lisa, Ayron, and I also produced the Love Makes a Family concert at Pease Auditorium in 2002, a successful fundraiser for the Ypsilanti Campaign for Equality.

Working as a psychotherapist became more difficult as managed care and budget cuts changed the landscape. I ended up with a small private therapy practice and a part-time computer trainer job at the University of Michigan. This gives me time to take on the community and creative work that calls to me. Current projects include the CD release concert, a community grief ritual in September, and the newly forming Pathways clan group in Ann Arbor. Through it all, music continues to inspire, comfort, amuse, and sustain me.

A year after my Dad's 80th birthday, he took a fall and was moved to a nursing home for a brief period. When the hospice nurses stopped to check on him, he pulled out his harmonica, offering a shaky but enthusiastic rendition of "Camptown Races" for their entertainment. The next night, my brother phoned to tell me Dad had passed on.

"I got the call last night, just around midnight.
I went out on the porch and waited.
I felt him there as a strong wind blew,
And the wind chimes sang all around me.
I had never seen a shooting star in the wide Michigan sky;
But one went racing through the dark that night.
Was it a miracle? So many miracles.
Always a miracle."
—"Always a Miracle," by Jeanne Mackey & Dan Bilich

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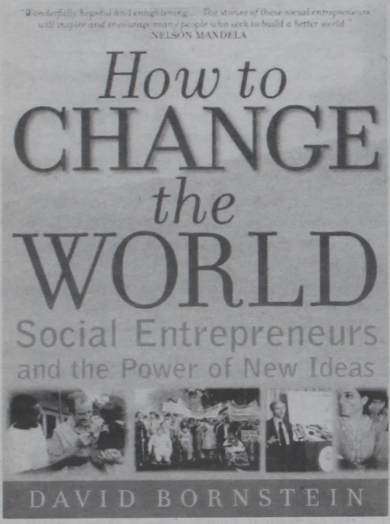
The "Home to the River of Love" CD release celebration and community sing will take place at Friends Meeting House, Saturday, 7:30 p.m., September 24. For more information, contact mackeyj@umich.edu or call 734-975-8791

Book Review

By Lani Kwon Meilgaard

How to Change the World: Social Entrepreneurs and the Power of New Ideas by David Bornstein, $28, Oxford University Press


"Wonderfully hopeful and enlightening... The stories of these social entrepreneurs will inspire and encourage many people who seek to build a better world."
NELSON MANDELA
How to CHANGE the WORLD
Social Entrepreneurs and the Power of New Ideas
DAVID BORNSTEIN

In this era of terrorist attacks, fear and tragedies of epic proportions around the world, it's all too easy to fall into apathy or despair. When a friend suggested I attend a recent University of Michigan lecture by David Bornstein, author of *How to Change the World: Social Entrepreneurs and the Power of New Ideas*, I had to discover if his book could possibly live up to its ambitious title.

I had grown somewhat jaded by my experiences with some organizations and non-profits that were neither organized nor non-profit; and ironically, egos seemed to be even more pronounced in groups where earning money was *not* the primary motivator. "Where are the folks like Gandhi, Mother Theresa and Martin Luther King Jr. when we need them?" I had asked myself, yet I also remembered what Marian Wright Edelman once wrote, "A lot of people are waiting for Martin Luther King or Mahatma Gandhi to come back—but they are gone. We are it." In this spirit, *How to Change the World: Social Entrepreneurs and the Power of New Ideas* describes the unique qualities and abilities of social entrepreneurs and innovative organizations, then offers ideas and resources for individuals and groups who want to change themselves and the world for the better.

So, exactly what is a "social entrepreneur," you might ask? Well, as Bornstein writes, a social entrepreneur is to social change what a business entrepreneur is to the economy. Social entrepreneurs are "the driven, creative individuals who question status quo, exploit new opportunities, refuse to give up—and remake the world for the better." They are leaders of values-oriented, citizen sector, non-governmental organizations (NGOs).

According to Bornstein's research, NGOs are experiencing unprecedented exponential growth. "Given the long history of citizen activity in the United States, it comes as a surprise that 70 percent of registered groups are less than thirty years old…[and] during the 1990s, the number of registered *international* citizen organizations increased from 6,000 to 26,000". Social entrepreneurs and citizen organizations overcome tremendous obstacles, including government corruption or lack of support, in-fighting and funding challenges, among others, and yet, still manage to affect positive change through dedication, acumen and community outreach, often spanning a period of decades.

Bornstein's book features nine Ashoka Fellows (www.ashoka.org), including the following: J.B. Schramm, who founded the College Summit, an organization that has guided thousands of low-income students through the application process in order to get into college in the United States; Veronica Khosa, a nurse in South Africa who founded Tateni Home Care Services for people suffering from AIDS; Jeroo Billimoria, a social worker in India who organized Childline, a 24-hour helpline and emergency response system which advocates for and is largely implemented by street children; Fábio Rosa, an agronomic engineer who worked to bring affordable electricity to poor people in the Brazilian countryside; and Erzsébet Szekeres of Hungary, a mother who created dignified assisted living and vocational training for the disabled.

Yet, what is most unexpected in this book--beyond the range of social problems and locations and what Bornstein calls the tendency of social entrepreneurs to focus on the "how-tos" of solving these issues—are the sometimes surprising and often unconventional motivations and methodologies put into practice. To help readers grasp what drives social entrepreneurs, he proposes four practices of innovative organizations and six qualities of successful social entrepreneurs, based upon over five years of extensive research, interviews and insight:

Four Practices of Innovative Organizations

- **Institutionalize Listening**: Organizations that have procedures and protocols in place to listen to their clients, staff, suppliers and others are more likely to succeed and find innovative solutions.
- **Pay Attention to the Exceptional**: Unanticipated and exceptional insights and successes are often groundbreaking.
- **Design Real Solutions for Real People**: "One of the hallmarks of social entrepreneurs is that they are realistic about human behavior. They spend a great deal of time thinking about how to get their clients to use their products".
- **Focus on the Human Qualities**: Human qualities like empathy, flexibility, ethics, etc… are vital for staff and volunteers to have.

Six Qualities of Successful Social Entrepreneurs

- **Willingness to Self-Correct**: It's important to adjust course and not be rigid about planning and implementing plans, which can be challenging when your funding is dependent on others.
- **Willingness to Share Credit**: "For entrepreneurs, a willingness to share credit lies along the 'critical path' to success, simply because the more credit they share, the more people typically will want to help them".
- **Willingness to Break Free of Established Structures**: Creativity and the willingness to try new approaches and think outside of the box are crucial.
- **Willingness to Cross Disciplinary Boundaries**: "…one of the primary functions of the social entrepreneur is to serve as a kind of social alchemist: to create new social compounds; to gather together people's ideas, experiences, skills, and resources in configurations that society is not naturally aligned to produce".
- **Willingness to Work Quietly**: It often takes many years, inter-connections and humility to succeed, especially in hostile environments or time periods.
- **Strong Ethical Impetus**: Social entrepreneurs tend to be as driven and focused as traditional business entrepreneurs, and they also care deeply about the fairness of their work and how it impacts others.

This book offers hope, balance and vision for a world desperately in need of creative yet practical solutions to human suffering. For me, personally, the book helped me to redefine my life goals and redirect my future. When I first read it, at the beginning of this year, I was working as a Help Line Advocate at Safe House Center in Washtenaw County, and I had just been accepted to the Master's program in Social Work at the University of Michigan. I had been an English teacher, volunteer coordinator, writer and editor and thought that the MSW would enable me to combine these skills in a meaningful way in order to counsel and empower others. What I discovered, however, in part through reading this book, was that traditional programs and organizations were not necessarily the answer to addressing social problems effectively. Most of the innovative organizations featured were not supported by governments, churches or other established associations, and most of the social entrepreneurs in *How to Change the World* were not trained social workers. In fact, most were ordinary people—parents, journalists, teachers, doctors, engineers, among others—who saw a social problem, made an extraordinary commitment to change it and used all of their energy, skills, talents, connections and heart and soul to do so.

Over the next few months, I came to realize that my interests in alternative and complementary healing and spirituality could never be fulfilled with a traditional degree in counseling (and I had reinjured my back, a sure sign that I was on the wrong track). So, I quit my job, dropped the MSW and returned to writing and teaching. Inspired by the innovative social entrepreneurs in Bornstein's book, I also designed an interactive workshop called *Creating Co-Powerment* for people who want to regain their balance, find their true purpose and create a meaningful life.

How to Change the World: Social Entrepreneurs and the Power of New Ideas is one of those rare books that you read more than once and want to pass along to all your friends.

###

(Lani Kwon Meilgaard is a teacher, writer, counselor and activist, and is currently working on a New Age/Self Help book, Hope in the Balance: Finding Your Truth and Living It in Peace with Others ©. *She welcomes feedback at heavenlybalance@yahao.com.)*

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The Crazy Wisdom Bookstore Salon Meets the World Café:
Shaping our Future through Conversations that Matter

By Lucinda Kurtz, Salon Facilitator

During the past 3 years, the Crazy Wisdom Bookstore Salons have brought many diverse types of people in Ann Arbor together as a community to explore deeply held beliefs and aspirations. We have listened and questioned activists and scholars, visionaries and spiritual leaders, physicians and poets. We have talked among ourselves about how to move beyond some seemingly intransigent problems in our community and society and have celebrated the signs of promising new beginnings.

Based on my reflections of our past Salons and my own experience, we are bringing an intriguing innovation into our Salon for the fall and winter related to the process of our discussions. We will use this new process to explore a highly complex topic that requires a deeper opportunity for dialogue.

Starting in September, we plan to introduce the "World Café" process when we gather for our monthly Thursday evening Salons. It is a specific way of "shaping our future through conversations that matter" that Juanita Brown and David Issacs speak of in their new book, *The World Café.* I had the exciting opportunity of participating in a 3 day World Café process this spring that David Issacs facilitated which involved 500 people. I experienced directly the power of this type of collaborative process that taps into the collective wisdom of a group, to the species memory that is deeper than any single conversation. This process can provide a more intimate way for us to tap our collective wisdom rather than relying on "experts" to define a way forward.

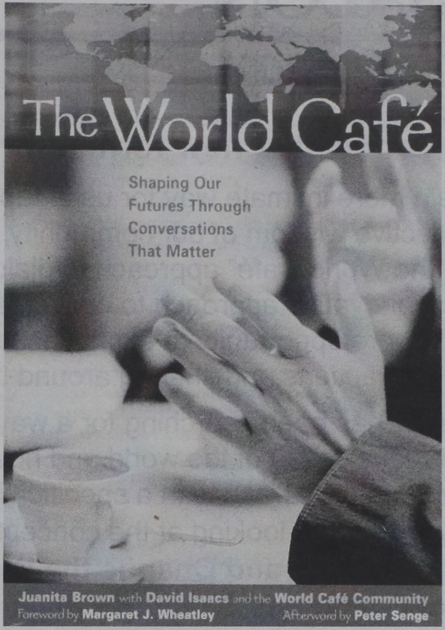
At our upcoming Salons, after listening to our guest speakers who will suggest provocative questions to stimulate our creativity, we will sit in tables of 4 people and begin our conversation. There will be one "host" at each table who will help with introductions and moving the energy forward. Each person at every table will have an opportunity to speak their truth on the question put to the group. Each table will be covered by large pieces of white paper and scattered with colored markers so the essence of what's being said can be captured in symbols, words, and drawings on the "tablecloths."

There will be ideally three rounds of conversation. This means that after the first round of conversation where each person has spoken their thoughts on the given question, everyone will stand and move to another table except the host who will remain at the table to welcome guests who have been part of other conversations. They will bring "seed" ideas from their tables into the next round where they will add to the drawings on the table and link and build ideas. Patterns and common themes may begin to emerge and help to trigger a larger knowing, a deeper understanding. Insights may begin to emerge that go beyond that of any individual, and a new whole can come forward, the discovery of collective intelligence.

> "...In politics our frames shape our social policies and the institutions we form to carry our policies. To change our frames is to change all of this. Reframing *is* social change."

After the final round of conversations, people have the opportunity to share growing insights with the whole group. After a time for reflection, participants are urged to focus their attention and reflect on what's "at the heart of the matter," what is present in the moment as a result of their conversations. Café conversations are based on the assumption that we have within us the intuitive understanding of the answers to our deepest longings, our most challenging questions. We just need to create the container that can receive the intuitive wisdom of each one of us who hold a part of a greater whole. So the World Café process allows us to move quickly from conversations that keep us stuck in past, old patterns and solutions to "conversations that matter," where there is a deeper collective understanding. Let's try it and see what emerges!

So now to the topic of our conversation. Again, the explorations of the past Salons and my own experience lead me to this series of questions: "How do we know what we know? How open are our minds? Are we defaulting into a system of thought? How do we take in and process information? How is the media shaping our awareness about the world? And what can we do to shape what is perceived as viable alternativeness to current reality? How can we create social change?" Whew! That is a chunk to tackle, but the good news is that this topic of exploration is actually being tackled by more and more folks who want to create a healthier, more equitable society.


The World Café
Shaping Our Futures Through Conversations That Matter
Juanita Brown with David Isaacs and the World Café Community
Foreword by Margaret J. Wheatley
Afterword by Peter Senge

It is being discussed in terms of the concept of "framing," and George Lakoff in his book, *Don't Think of an Elephant! Know Your Values and Frame the Debate* lays out in short form what this means: "Frames are mental structures that shape the way we see the world. As a result, they shape the goals we seek, the plans we make, the way we act, and what counts as a good or bad outcome of our actions. In politics our frames shape our social policies and the institutions we form to carry our policies. To change our frames is to change all of this. Reframing *is* social change."

Shortly after the 2004 election, I joined a monthly group discussion initiated by Gretchen and David Gruner that set out to understand the mindset of the country that led to the election of George W. Bush. Lakoff's book and the concept of framing became our starting point. We soon began to see the huge implications of this concept and how it contributed to the Bush election. In fact, in this morning's Sunday, "New York Times Magazine", (July, 17, 2005), there is an article entitled, "The Framing Wars" by Matt Bai which chronicles the Democrats discovery of Lakoff, the concept of framing, and how he has tried to assist the Democratic party in framing their issues (an apparently difficult thing to do since the Democrats are having trouble defining what their issues are).

People use mental shortcuts to understand the world. These shortcuts are based on "frames" that are a set of internalized concepts and values that allow us to fit new information into already established systems of meaning. These frames can be triggered by choices of languages, images, and messengers, so different communication elements can have powerful influences on decisions. Lakoff suggests that all of us are programmed to respond to frames that are deeply embedded in our unconscious minds and that the brain will reject facts that don't conform to the frames we already hold. This explains the phenomenon of people voting against their own self-interest and placing a higher value on a tenaciously held belief that defies factual validation.

How do people make sense of what Walter Lippman called "the swarming confusion of problems?" Frames are one way that individuals make sense of their world by helping them judge which issues are central and which are peripheral, using cues contained within the frame. The capacity to frame issues, or in other words, to define the way an issue comes to be understood, is one of the most important and powerful communications strategies available to political elites, social movement activists and the media. By deliberately framing an issue, we may be able to strategically participate and eventually help define how people in this country will perceive critical issues.

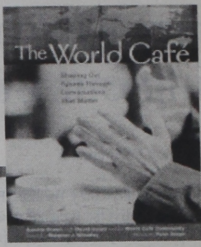
In our September 22nd Salon, Ali Webb, Communication Manager at the W. K. Kellogg Foundations and Jeremy Seligman, Director of IT Strategy at the Ford Motor Co. and co-founder of the Huron River Buddhist Sangha, will lay out the concepts of framing and help to articulate questions that stimulate a deeper understanding of this complex topic. Both are involved with the challenges of framing and use the World Café in their own work situations. Jeremy comments, "In the World Café, we are engaged with questions more than answers, with reflection more than conclusions, and with discovering and bringing forth the inherent wisdom and creativity of those gathered together. This is particularly helpful when dealing with the topic of framing that requires some collective digging into our preconceived notions of what is real."

Our October 20th Salon will explore how the news media, television, blogs, and other new forms of communications are framing our awareness about the world. John Hilton, Editor of the *Ann Arbor Observer* and Judd Branan, former *Ann Arbor News* reporter and now master blogger in the private sector, will help create vital questions for this World Café that looks at the influence of news coverage on our interpretation of issues and the social and political judgments we make. John notes, "The shift to visual media is shifting our perspective of reality and confusing news with visual entertainment. The print media has had time to work out what's responsible reporting, but there is no common acceptance of what's responsible reporting in the visual media."

We will conclude this first series on November 17th with Bruce L. Gibb, Organizational Psychologist and Bunyan Bryant, Director, the Environmental Justice Initiative, School of Natural Resources and Environment, University of Michigan, and his graduate students. They will move us beyond the traditional frames and help us to see "Politics not as usual." Bruce is particularly interested in helping us understand framing in terms of the evolution of society and using it to further larger social goals. Bunyan and his students will share new frames in the environmental justice field with our group and help to pose some cutting edge questions.

I invite you to come together as a community to deeply explore these challenging issues in this new and more intimate World Café format. We are fortunate to live in this social cauldron of Ann Arbor where we can experiment with new ideas and new forms. We can create a safe container at Crazy Wisdom Bookstore, in its Tea Room, to allow some unique visions to unfold and perhaps unearth some solutions to these social and political conundrums we face in this 21st century. At least we can give it a try.

(Lucinda Kurtz is a Hands of Light Energy Healer with a private practice in Ann Arbor. For the past three years, she has been the facilitator of the Crazy Wisdom Bookstore Salon which has brought together people in the community around issues of common concern.)



CRAZY WISDOM BOOKSTORE
SALON
FALL 2005

Join us as we experiment with a new format for our Fall Salon.

To facilitate a more intimate way for us to tap into
the collective wisdom of our community,
we will use "the World Café" approach to dialogue.
Through this innovative approach to conversation,
we will have even more opportunity to explore issues deeply
through small group interactions and sharing around the café table.

Our Salon community has been searching for a way to comprehend
how people make sense of the world and how and why
they understand issues in a specific way.
To further this inquiry, we will be looking at the concept of "Framing":
**"Shift Your Thinking and Change the World:
How the Art and Science of Framing is Shaping Public Opinion and Policy."**
Join us as we explore this complex and timely topic.

We will gather on one Thursday evening in September, October and November
at 7:30 PM in the Crazy Wisdom Bookstore Tea Room
114 S. Main Street, Ann Arbor
as our guest speakers share their perspectives and invite lively conversation.

Facilitated by Lucinda R. Kurtz, M.A.
Hands of Light Energy Healer
For more information, contact Lucinda at 665-9160

DO YOU THINK YOU HAVE AN OPEN MIND? THINK AGAIN: WHAT WE KNOW ABOUT FRAMING

Thursday, September 22

Jeremy Seligman, Director of IT Strategy and Organizational Development,
Ford Motor Co, Co-founder, Huron River Sangha
Ali Webb, Communications Manager, W.K. Kellogg Foundation

HOW IS THE MEDIA USING FRAMES TO ADVANCE SPECIFIC AGENDAS?

Thursday, October 20

John Hilton, Editor, Ann Arbor Observer
Judd Branam, Managing Director, Manning, Selvage and Lee,
Blogworks Consultant, and longtime Ann Arbor News reporter

POLITICS NOT AS USUAL

Thursday, November 17

Bruce L. Gibb, Organizational Psychologist
Bunyan Bryant, Director, and Students from
the Environmental Justice Initiative,
School of Natural Resources & Environment U of M

Healthful Hideaways

The Kerr House – Renewing Mind, Body and Spirit for 25 Years

By Petula Brown

Intimate. Personal. Elegant. Such accolades have distinguished The Kerr House (http://www.thekerrhouse.com/) as a preferred location to relax, refresh and rejuvenate. Twenty minutes south of the Toledo Airport, the retreat venue is poised to celebrate a quarter of a century serving as a bastion of health and wellness in the Midwest. With a maximum of eight guests afforded a variety of programs and services offered by two dozen staff members, The Kerr House is a cozy setting imbued with a rich history.

This history begins with the building of the Queen Ann Victorian manor in 1880 by B.F. and Ann Kerr. The three-year project concluded with a stylish, but sturdy structure. Walls three and four bricks thick and footers three feet thick provided a strong foundation for the white oak, red oak, cherry, butternut, hard rock maple, and ash woodwork that adorn the home. Fireplaces are accented with sculptured ceramic tiles, carvings, and mantles while bathrooms with marble sinks and copper bathtubs afford more elegance. A testament to the home's distinctive style is found in the Historical and Biographical Record of Wood County, Ohio. An entry dated 1897 describes the home as "…one of the finest residences in this section of the country, a building modern and complete that would be a credit to any city. Crowning a beautiful hill, it commands a grand view overlooking the river and charming Maumee Valley."

After a century of ownership by the Kerr family, it was purchased by Laurie Hostetler, current director of The Kerr House, in 1977. By the 1900's, the house had major challenges, but it also had promise. "As I was turning a corner," describes Laurie, "I looked up and saw a gorgeous house on the hill. I stopped in the middle of the turn and stared at it. It looked like it was ready to fall down, but it was beautiful. I backed up and drove to the front of it and studied it. The wrap-around porch was falling apart. The steps were all askew. Weeds were overgrown. There were broken windows and windows that had been open for years. The curtains at the windows were in shreds. It was obviously abandoned." After three years of structural renovations and program development activities, the 10,000 square-foot house was reborn as a health retreat in 1980.

The Kerr House in Grand Rapids, Ohio, was founded in 1980.

Although envisioned initially as a site for yoga classes for area residents, Laurie broadened The Kerr House's offerings. In addition to yoga, guests can experience multiple-day respites that include massages, facials, body treatment and meals emphasizing natural foods. However, overnight guests can forgo planned activities to explore Grand Rapids' numerous parks and craft stores or relax within the house. Day visitors can choose from a selection of various services including body wraps, nail treatments and bodywork sessions. Regardless of how guests arrive at The Kerr House, they can leave restored with information on health and wellness techniques that can be applied back home. The Kerr House also offers apparel and skin care products to help clients recreate The Kerr House experience. As a destination for a healthful getaway, The Kerr House continues to receive recognition with national exposure on "Good Morning America" and highlights in Travel and Leisure magazine.

"The Kerr House is a warm, luxurious Victorian manor where guests immediately feel relaxed and comfortable." - *Destinationspagroup.com*

"The manor's location alongside a small canal of the Maumee River is perfect for an evening stroll that promotes the feeling of blissful lethargy that descends when you've been well and truly pampered." – *RudyMaxa.com*
"Some say The Kerr House is the best spa in the country. It consistently ranks up there with more famous sun-filled getaways such as Canyon Ranch and the Golden Door. The touch that makes a weekend at The Kerr House so special, however, is the personal attention each guest receives." - *Quick Escapes: Detroit*

With a storied history that combines regal beginnings, laborious transformation and successful rebirth, The Kerr House serves as a living example of how, with the right resources and determination, dreams can be realized. Combined with the activities and services available at The Kerr House, guests are well-positioned physically, mentally and emotionally to make their dreams come true.

For more information, contact The Kerr House (Nonnagram@aol.com or call 419-832-1733).

Practitioners, Teachers, Therapists, Healers and related friends…

Would you like to have a presence on the World Wide Web,
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Crazy Wisdom's Reading Circle

The Reading Circle is a series of monthly book discussion groups

Each month, a different book is chosen for reading and discussion

Sign up for the discussion in advance and receive 30% off the purchase of the current month's title

Monthly Selections

♥ **September - *Mediated: How the Media Shapes Your World and the Way You Live in it* by Thomas De Zengotita - Tuesday, 9/27 at 7 p.m.**

♥ **October - *Radical Evolution: The Promise and Peril of Enhancing Our Minds, Our Bodies -- And What It Means To Be Human* by Joel Garreau - Friday, 10/14 at 7 p.m.**

♥ **November - *My Life in Orange: Growing Up with the Guru* by Tim Guest - Tuesday, 11/29 at 7 p.m.**

♥ **December - *Start Now!: Meditation Instructions, Meditations, Prayers, Verses for the Dead, Karma and Other Spiritual Practices for Beginners and Advanced Students* by Rudolf Steiner - Tuesday, 12/13 at 7 p.m.**

All are welcome • Just show up!
Call 734-665-2757 • info@crazywisdom.net
Crazy Wisdom Bookstore & Tea Room 114 S. Main St, Ann Arbor

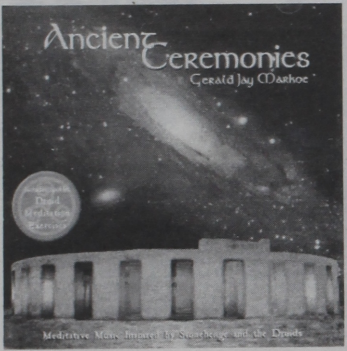
Music Reviews

New Music Favorites

by Sarah Daher

CELTIC

***Ancient Ceremonies* cd** by Gerald Jay Markoe



Meditative music inspired by Stonehenge and the Druids, all played on harp, flute, oboe, strings and bells with soft background textures. A perfect soundtrack for creating a magical, ancient-sounding mood for yoga, meditation, relaxation and massage. A meditative journey to the time and place of wizards, fairies, castles, unicorns and all things magical. $15.98

WORLD

***The Now* cd** by Suphala

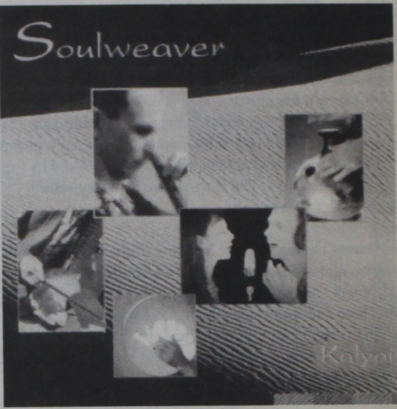
Suphala's debut album, *The Now*, touches the far corners of our imaginings and evokes the timeless in her manipulation of rhythm and melody. It is a modern, sensual soundtrack for the cosmopolitan connoisseur of urban music. Performing on the tabla and other percussive instruments, Suphala creates the timeless from the traditional. Guest appearance by Norah Jones. Breathe Magazines writes, "An evocative, whirling mix of sultry vocals and electronic beats, Suphala creates rich, haunting textures to fashion a new tradition that is uniquely hers." $16.98

Suphala
THE NOW
Suphala THE NOW

MEDITATIVE

***Soulweaver* cd** by Kalyan

Kalyan touches our soul with this exceptional debut album. Heartfelt and silky vocals interwoven with elegant instrumental arrangements create a mystical and soothing atmosphere. Cello, flutes, guitar, vocals, dilruba and soft drums give the album a very acoustic and warm feel. This music can be a great companion for yoga practice, the healing arts or just for relaxed listening. $16.98



Author Events at Crazy Wisdom Bookstore

DEMETRIUS
My Gift of Life

Talk and Book Signing with Author Tamara Sutton
Saturday, September 10th
12:30 to 2 p.m.

Demetrius, My Gift of Life

The loss of someone from our lives, whether a loved one, a neighbor, or an old classmate, brings to us unavoidable feelings. We want to continue on with our lives as before, and we feel alone with these emotions, thoughts and struggles. It is my hope to offer to you a place of connections, resources, conversations, and sharing. The most important message, however, is that you are not alone. You are not the only one seeking to understand this difficult time in your life.

INNER POWER

Talk & Book Signing with Author Colleen Deatsman
Saturday, October 22nd
12:30 to 2 p.m.

Inner Power: Six Techniques for Increased Energy & Self-Healing

Inner Power presents Deatsmans proven program for self-healing that ignited her remarkable recovery. It includes methods for developing self-awareness, reducing tension, clearing energy blockages, and replenishing ones life force, which helps to protect against viruses, harmful bacteria, and allergens. These powerful techniques - involving meditation, visualization, self-hypnosis, and journeying - can help readers uncover the roots of their illness and ultimately restore physical and spiritual harmony.

DAY AFTER CHRISTMAS: REFLECTIONS ON TSUNAMI DISASTER AND SURVIVAL

Sat Paul Goyal presents Day After Christmas: Reflections on Tsunami Disaster and Survival
Saturday, November 12
12:30 to 2 p.m.

Reflections On Tsunami Disaster and Survival

The deadly waves of Tsunami placed a girdle of death around the coastal areas of the Indian Ocean. Although this loss is mammoth and indescribable, I have tried to depict the magnitude of the disaster, survival efforts of those who are engaged in rebuilding their lives, and the strategies to cope with the aftermath. In this book, my reflections on consciousness, love, compassion, desire, meditation, death, agony, and suffering are scattered like seeds. I hope they sprout and bloom!

LEARNING NEVER STOPS

The Ann Arbor Institute of Massage Therapy (AAIMT) is now offering continuing education classes designed with the working professional in mind. Choose from such classes as Advanced Shiatsu, Hara work, Quantum Touch and Therapy Stones.

Call or visit our website for more details.

www.aaimt.edu

Ann Arbor Institute of Massage Therapy

180 Jackson Plaza
Suite 100
Ann Arbor, MI
48108
734.677.4430
info@aaimt.edu

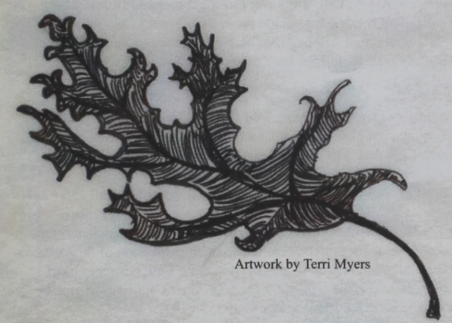
Poetry Page

To submit poetry to be published in the Community Journal, email to sarah@crazywisdom.net or bring them into the store, attn: Sarah Daher.

The Wisdom of Silence
by Teresa Godsey

The wisdom of silence pierces the darkness
Illuminating
Creating vision
Creating the sound of no sound
Of knowing

Hush!
Quiet lies beneath the mind's incessant chatter
The wisdom of the ages rests in the symphony of
unplayed notes
Listen, do you hear?
Everything is as it should be.



Artwork by Terri Myers

Elizabeth, the Mother
by Elizabeth Alberda

O my dear sisters and brothers I love this story
in the arid hills of Judea, the wilderness and the waiting
her monthly disappointments, the locust and the honey.

Elizabeth never gave up
believing in the angel's voice and
kept faith long after the revelation of birth seemed possible.

I love the spirit of this story
when Mary visited Elizabeth
womb to womb.

Elizabeth whispers to Mary
her mouth close to her ear
one woman illuminating another

"the light of the world in you."

Becoming
by Diane Kimball

Become a grain of sand
lifted by the wind
through the petal gate of a thistle,
soon bound to a bee's leg
you find shelter in the honeycomb
only later to sweeten the wine
poured in a village cafe
for travelers lost
in picture postcards of turquoise
mirrors catching beaches
in the sun's eye
you see your self
dissolve into the question
What is kindness?

Presumption
by Sean Eaton

Near a little pond
gone gold in the late sun's glow,
I wandered far from the neutral ground
To the edge of the redwing blackbird's land
A province rich in reed and willow.

I wanted then
To find their secret city.
I was soon met with their best,
Black beaks and wings,
Their swooping shrieks of outraged defense.

I am not a cat!

Even so,
It was not a little vexing to know,
There are yet places,
I'm not allowed to go.

Owed to Aphrodite
by Rosalie Denenfeld

wearing Aphrodite on my sleeve
puffed with color, sound and feel
senses attuned; destined to heal

her penetrating gaze upon each passerby
elicits magnetic magic eye to eye
soul door ajar
come forward aspects banished, distorted
now rebirth the Being once aborted

creative impulse chimes vibration anew
velvety depth of your embrace
transforms the past without a trace

transparent reflection mirrors hidden connection
your message of Love wafts airborne
shimmering waves of rose hue
purify, clarify what is True
through your energetic trance
Love tickles and enlivens this Life dance

Tonight we honor Thee Aphrodite
planted on the earth
poised by the rhythm of the sea
you call to your Lovers from on high
Come view my moon full season and infinite sky

Terror Can't Intimidate London
by Sat Paul Goyal

London, the city of lights
Became darker than hell
On Thursday July the seventh
When deadly blasts tore trains
And a double-decker bus

Sweat, smoke, screams
Shattered glass and twisted frames
Body parts and torsos
All in pulsating pain
Subways were plunged into
Darkness and blood

Terror cannot intimidate Londoners
Their two-minute silence
Was louder than a thousand blasts
Fanaticism is not born of religion
It springs from sick minds
Love, laughter, and compassion are higher
Than hatred, violence, and despair!

No Question
by Gregg Rutter

Are you this or are you that?
I wonder which
Sometimes I'm neither
Sometimes I switch
But mostly I think
There's always a better way
A more peaceful path
A Middle Way
Now there's much I don't understand
I easily admit
Things seem so complex
So full of shit
I'd like to tell the world rulers
To take time
And Sit,
Then perhaps it would be clear
We're standing on It
On earth - right here
A chance to cut through dualism and dreams
A chance to know
That Hatred breeds Hatred
We reap what we sow,
But humans being humans
Race round the wheel once more
And this moment passes
And this moment next
It's not too late
To lend a hand
Of peace and compassion
Instead of aggression
Pay attention to action
Attention now
Each moment precious
Each moment gone
Under the diamond sky
Bubbles on the wind
One hand waving
One big grin
Open Eyes
Open Heart
This suchness right now
When you get confused
Let go of it,
No question asked
Take time &
Sit.

A Dusky Beauty
by Sat Paul Goyal

Ravishing eyes on a dusky face
A glittering dot on her nose
A slender waist with a dimpled navel
Round hips, spheres of wonder
Cups of breasts, full up to the brim
Contours of a sculpture carved in flesh

Clad in a sari of red and gold
A gold bracelet on the wrist
She walked solemnly towards the toilet
With a wire brush and scoop
She finished her ignoble job
Carrying a disgusting pail on her head
She disappeared
Walking like a goddess

She was both a woman and a statue
A grace divine still decanting
Aromas of jasmines and symphonies of joy

The Crazy Wisdom Calendar

Acupressure, Shiatsu & Reflexology

Foundations of Shiatsu: Technique and Theory Level 1 with Carolyn Lippens at the Ann Arbor Institute of Massage Therapy • Nov. 18-20, 8:30 a.m.-5 p.m. • This introductory course teaches the Japanese healing art, Shiatsu, which is a system for healing and health maintenance. In class, the student will learn basic Asian philosophy, meditation guidelines, location of meridians as well as some basic acupressure that can be integrated into other massage work. $350 or $235 for AAIMT graduates. 21 CE credits. Call 677-4430, ext. 25; fax 677-4520; info@aaimt.edu.

Animals & Spirit

Animal Healing Course through Self Realization Meditation Healing Centre • Sept. 24-25, 10 a.m.-5 p.m. each day • Learn to transform your love of animals into healing for them so that your natural compassion can take a practical step forward. We will look at theory and ground rules for this natural system of healing, and carry this through with a good deal of practical work with animals. $185 includes lunch; $229 includes all meals and lodging. Call 517-641-6201; SRMHCmichigan@cs.com.

Animal Healing with Ray O. Golden of Center for Intuitive Health • Nov. 12-4; Saturday 7-9 p.m., Sunday 10 a.m.-6 p.m., Monday 7-9:30 p.m. • This class is oriented toward working with animals. The first day is the Traditional Reiki One class. The second day is focused on using Reiki with animals. Only people are to attend the class. For cost, call 663-9724; intuitivehealth@aol.com.

Aromatherapy

History and Uses of Essential Oils with Lorna Brown through Gateways Center for Life Enrichment • Dec. 7, 7 p.m. • Presentation on the history and application of aromatherapy and essential oils, including their use in the healing of body, mind and spirit. Join us for a fun evening of discussion and experience with the oils. $10. Call 428-8748; starlab6@aol.com.

Art & Craft

heART Class with Ruthie Basham • Tuesdays, Oct. 11-Nov. 22; 4:30-6 p.m. • heART Class is an art class for children and teens, ages 11 and up, focused on developing an open, loving heart. Children will learn drawing and color skills married with lessons in the five human values of love, truth, peace, nonviolence and right conduct. $15 per class with one free class if registered by Oct. 11. Call 417-3202; mandala@ruthiebasham.com.

Broom Making with Anna Fernandez • Oct. 22, 10 a.m.-1 p.m. • Learn to make a beautiful yet very useful broom, or impress your friends on Halloween with your own broomstick! We will be using broomcorn to make a broom that you will take home. $45. Contact annambloom@yahoo.com.

Fall Classes at Ann Arbor Art Center • Classes begin Sept. 26 • The Art Center will be offering a number of new and nontraditional art classes for the Fall, which include open studios, basic/continuing ceramics and watercolor, basic/continuing jewelry and more. Youth classes will also include drawing, painting and ceramics. Costs vary. Call 994-8004 ext. 101; info@annarborartcenter.org.

Drawing on the Dharma with Kathy Laritz through Jewel Heart • Nov. 12, 10 a.m.-1 p.m. • "I can't even draw a straight line!" So many of us admire create visual expression by others, yet set ourselves outside of that circle. During this workshop, we will explore some basic methods of drawing and discover how dharma can open us to our creative potential. Please bring a large pad of paper (newsprint works well) and a couple of drawing pencils and erasers. $25. Jewel Heart members by donation. Call 994-3387 ext. 1; registration@jewelheart.org.

Common Threads at Borders-Arborland • Tuesdays, Sept. 6-20; 7 p.m. • Common Threads is a needlework group meeting every Tuesday to knit and discuss their craft. For more information, call 677-6948.

Intuitive Painting Workshop with Shaqe Kalaj • Three-day workshop consisting of four hours per day to be held on a week night; Dates and times to be determined by class • This workshop will help you find your inner content. The focus is accessing your inner world and expressing it in a way that is authentic to who you truly are. The class is for beginners as well as the experienced artist. During this journey, you'll paint your birth, then tap into your animal instincts and access the goddess within. $120. Call 734-634-8117; imshacha@provide.net.

Expressive Linocut Workshop with Shaqe Kalaj • One-day workshop consisting of seven hours; Dates and times to be determined by class • Learn and experience how linocut can be a medium that is expressive and dynamic. Individually, you will work on a 9" by 12" linocut and, collaboratively, create a group woodcut. This class involves learning the process but also learning to speak through your inner voice. $90. Call 734-634-8117; imshacha@provide.net.

Open and Guided Art Class with Shaqe Kalaj • Mondays, 7-9:30 p.m. • This class has existed for the last eight years. It is made up of people who enjoy making art while communing with others. The class is set up so that the students have their own focus. However, I do create a project where they learn certain techniques or concepts. This fall, their will be a focus on color. Limited space. $80 for four classes. Call 734-634-8117; imshacha@provide.net.

Sculptural Watercolor Bookmaking Workshop with Shaqe Kalaj • Two-day workshop consisting of six hours per day; Dates and times to be determined by class • Create an accordion style 3D book that explodes with color. These books are simple in form but rich with possibilities of endless variation. Books are traditionally made to be read, but these books will fill your eyes with delight. $120. Call 734-634-8117; imshacha@provide.net.

The Exciting Process of Silkscreen Workshop with Shaqe Kalaj • One-day workshop consisting of seven hours; Dates and times to be determined by class • In this intensive workshop, you will experiment with the different processes involved in this medium, from a basic stencil to photo emulsion. This medium can be used in alternative artmaking practices as well as commercial purposes. Water-based paints will be used. $105. Call 734-634-8117; imshacha@provide.net.

Papermaking Workshop with Shaqe Kalaj • Three-hour workshop; Dates and times to be determined by class • Learn the process of making handmade paper that is rich in character. Exploration will be a key component. Instruction will be given on how to make paper made out of vegetables. A truly fun class and an easy craft to do after the class is done. $50. Call 734-634-8117; imshacha@provide.net.

Rattle Making with Cori Rose Benitez • Oct. 22, 2-6 p.m. and Oct. 23, 10 a.m.-2 p.m. • Join us in a fun and sacred space to create your own rawhide rattle with unique sound and medicine for your spirit. Saturday, we'll make our rattles and they will dry overnight. Sunday, we'll finish our rattles and have a special blessing and dedication of them with songs and chants. Young people 10 years of age and older are welcome with an adult. $40-60 sliding scale includes all materials. Call 355-6291.

Medicine Shield Making with Cori Rose Benitez • Dec. 3, 10 a.m.-6 p.m. • Since ancient times, people of many cultures have created shields for protection and also as an expression of their visions, prayers and alliance. Creating a personal medicine shield allows us to draw forth our inner heart's desires and give them physical expression. This "blueprint for the soul" opens our lives to greater clarity and support. $40-60 sliding scale includes all materials. Call 355-6291.

Astral Travel

Gifts of the Spirit with Molly Ann Indura • Sept. 3-4, 11 a.m.-6 p.m. • You will learn how to connect up to your Higher Self to receive your own guidance any time you need it. You will travel to each of the 12 dimensions and learn who you are on each level of your being. $300. Call 734-417-8317; mollyannindura@hotmail.com or www.bethelight.org.

Astrology

Mid-Life Crisis as explained and explored by Astrology with Alan Gordon • Mondays, Sept. 12-Oct. 3; 7-9:30 p.m. at Crazy Wisdom Community Room • Astrology acknowledges and affirms the existence of mid-life crises. It shows in three difficult transits during the same 2-3 year time period, usually age 42-45, and is a necessary time of change in one's life. Come and explore the passage with others, as it applies universally, and specifically what your chart reveals about your own individual transition. Your chart will be printed and looked at, as well as general theory discussed. $20 per evening; $75 preregistered. Please preregister with birth data so charts are prepared. Contact alan@saturnianstudies.org or 828-442-4647.

Astrology and Heart Dharma with Robert Thibodeau through Jewel Heart • Sept. 17, 10 a.m.-4 p.m. • Learn to read astrology charts, a spiritual and practical everyday way of growing into star wisdom with a synthesis of eastern and western hermetic techniques. Learn to read planets and aspects in the light of karma, an eye for dharma and a heart of compassion. A hands-on approach to money, love, relationships, work, events and psychological/emotional states, all with the big view in mind: freedom/compassion/enlightenment. Bring astrological calendar and/or your natal astrology chart. $75. Call 994-3387 ext. 1; registration@jewelheart.org.

Astro Cartography: The Basics and Frequently Asked Questions with Nancy Bahlman, sponsored by Astrology Study Group of Washtenaw County (ASGOWC) • Sept. 18, 2-5 p.m. • Points of interest on the Astro Cartography map in relationship to the natal and progressed charts will be covered, as well as the psychological important of relating the chart to the planetary lines. Frequently asked questions will be addressed and there will be ample time for questions from the audience. $15. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Midlife Crisis Astrology: A Look at Precipitating Transits with Alan Gordon, sponsored by Astrology Study Group of Washtenaw County (ASGOWC) • Oct. 2, 3-5 p.m. at Crazy Wisdom Community Room • An exploration of midlife transits beginning with the first Neptune square (age 39-40) through the fourth Jupiter return at 48 and the Chiron return which occurs around age 51. There is a method to the madness of the forties, but the deviations and variations that affect the transition will also be discussed. Come prepared with at least one chart or significant other to assess and discuss. This lecture is geared toward intermediate to advanced level astrologers, however all are welcome. $10. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

The Moon Gets the Medieval Treatment with Geoff Hoebbel, sponsored by Astrology Study Group of Washtenaw County (ASGOWC) • Nov. 6, 3-5 p.m. at Crazy Wisdom Community Room • An in-depth look at the variety of meanings and spheres of influences, wielded by our nocturnal luminary, the Moon. Medieval astrology is replete with material related to the Moon that has been forgotten by many modern astrologers. Come learn and leave with knowledge and techniques that will expand your awareness of the Moon in your life. Bring your chart! $10. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Brady Mikusko, MSW, is a trained mediator, and a relationship therapist.

Most people think that when they find "the one", they can concentrate on the rest of their life: setting up a home, education, jobs, family, and so forth. They focus much of their attention on these events and the details of life, and the relationship takes a back seat. I have a very different view. Once you find a partner — the work of the relationship begins! I am a passionate believer in couples getting help, that

Aspects in Astrology with Bon Rose Fine, sponsored by Astrology Study Group of Washtenaw County (ASGOWC) • Dec. 11, 2-5 p.m. at Crazy Wisdom Community Room • Aspects, the angular relationship between planets in a horoscope, are an essential component of chart interpretation. This lecture will give a basic overview of the conjunction, sextile, square, opposition and trine. Bring your chart! $10. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

First and Third Thursday Astrology Chat with Bon Rose Fine • Sept. 1, 15, Oct. 6, 20, Nov. 3, 17, Dec. 1, 15; 6 p.m. • Bon Rose Fine will present a series of free short lectures on a variety of topics such as the elements and relationships, planetary hours and ethics in astrology. There will be time allotted for questions and free drawings for chart reports and mini readings. Free. Call Bon Rose Fine at 434-4555; bonrosefine@comcast.net.

Author Receptions

Talk and Book Signing with Tamara Sutton, Author of *Demetrius, My Gift of Life* at Crazy Wisdom Bookstore • Sept. 10, 12:30-2 p.m. • The loss of someone from our lives, whether a loved one, neighbor or old classmate, brings to us unavoidable feelings. We want to continue with our lives as before, and we feel alone with these emotions, thoughts and struggles. Sutton hopes to offer a place of connection, resources, conversation and sharing. Her most important message is that you are not alone in trying to understand this difficult time in your life. Free. Call 665-2757; www.crazywisdom.net or carol@crazywisdom.net.

Talk and Book Signing with Colleen Deatsman, Author of *Inner Power: Six Techniques for Increased Energy and Self-Healing* at Crazy Wisdom Bookstore • Oct. 22, 12:30-2 p.m. • Countless people worldwide are afflicted with chronic diseases for which there is no known medical cure. For ten years, Deatsman suffered from such an illness that sapped her strength, life force and spirit. Determined to revitalize her life, she tested dozens of alternative therapies and miraculously found her way back to health. *Inner Power* presents her proven program for self-healing that ignited her remarkable recovery. It includes methods for developing self-awareness, reducing tension, clearing energy blockages and replenishing one's life force, which helps protect against viruses, harmful bacteria and allergens. These powerful techniques – involving meditation, visualization, self-hypnosis and journeying – can help readers uncover the roots of their illness and ultimately restore physical and spiritual harmony. Free. Call 665-2757; www.crazywisdom.net or carol@crazywisdom.net.

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Author Receptions for September at Shaman Drum Bookshop • No cost. For more information, call 662-7407; www.shamandrum.com.
Sept. 14, 7 p.m. • Patrick O'Keefe, author of *The Hill Road*
Sept. 15, 7 p.m. • Elizabeth Kostova, author of *The Historian*
Sept. 20, 4 p.m. • Tomoko Masuzawa, author of *Invention of World Religions*
Sept. 21, 4 p.m. • Tiya Miles, author of *Ties that Bind: The Story of an Afro-Cherokee Family*
Sept. 22, 4 p.m. • George Steinmetz, author of *Politics of Method in the Human Sciences*
Sept. 26, 7 p.m. • Larry Baker, author of *Athens, America*
Sept. 27, 4 p.m. • Robert Bartlett, author of *Salem Syndrome: Novel of Medicine and Law*
Sept. 27, 7 p.m. • Roy Jacobstein, author of *Ripe*
Sept. 29, 7 p.m. • Sharona Muir, author of *Book of Telling*
Sept. 30, 7:30 p.m. • Dan Savage, author of *The Commitment*

Author Readings at Borders-Downtown • 7 p.m. • No cost. Call 668-7652.
Sept 8 • Daylle Deanna Schwartz, music industry expert and author, will discuss her latest book, *I Don't Need A Record Deal!*
Sept. 9 • Tom Robbins, author of eight novels, will read from and sign his collection of short writings, *Wild Ducks Flying Backward*.

Ayurveda

Living Your Yoga: An Ayurveda Workshop with Colette McLogan • Nov. 5, 1-4 p.m. • Learn how to take your yoga practice off the mat with practical routines derived from Ayurveda science. This introductory workshop will give you ideas on how to keep your life in balance, even when you're not striking that perfect yoga pose. $45. Call The Yoga Room at 761-8409; info@christydeburton.com.

Beauty

Drop-In Henna Tattoos with Kate Emens at Crazy Wisdom • Saturdays, 7:30-10:30 p.m. • No appointment needed. $5, $10 or $20 per tattoo depending on size and detail. Call 973-6722; kate@akshamhenna.com.

Benefits & Silent Auctions

Famous Annual Great Green Recycling Yard Sale at Zen Buddhist Temple • Sept. 3-5 • Once again, we will focus primarily on furniture – couches, sofas, chairs, desks, chests of drawers and tables, as well as books and other household items. And because this year we have access to extra indoor storage space, the sale will be bigger than ever! Our members clean and repair all items. This exciting event always draws hundreds of environmentally-caring people and bargain hunters. While we concentrate on the sturdily useful, you never know what exciting bit of treasure you may find. Saturday, 9 a.m.-5 p.m. Sunday, Noon- 5 p.m. Monday, 9 a.m.- 5 p.m. Call 761-6520; a2buddha@provide.net.

Annual Holiday Zenefit Auction at Zen Buddhist Temple • Dec. 3, 6 p.m. • In addition to the auction, always entertaining in itself, we will have refreshments prepared by our talented Dharma Chefs and live entertainment. The live auction includes surprising, intriguing and exciting goods and services and is a good place to find that special bargain for yourself or a gift. The reception starts at 6 p.m. with the live auction at 7 p.m. $5 donation. Call 761-6520; a2buddha@provide.net.

JDRF's Walk to Cure Diabetes at Gallup Park • Sept. 18, 8:30 a.m.-Noon • Join Saint Joseph Mercy Health System for the Walk to Cure Diabetes at Gallup Park and a morning filled with food, entertainment, special attractions and plenty of family fun. Over 18 million Americans have diabetes. Help us find a cure and new treatments and take part in this worldwide event. Registration opens at 8:30 a.m. and the walk begins at 9:30 a.m. No cost. Contact www.jdrfdetroit.org.

Sommelier Dinner to benefit the Ann Arbor Art Center • Oct. 25, with seatings at 6 p.m. and 8:15 p.m. • The Ann Arbor Art Center will host its 14th Annual Celebrity Sommelier Dinner at the Earle Restaurant in downtown Ann Arbor. This event will benefit the Art Center's community outreach programs and will feature a diverse cast of celebrity sommeliers who will take an evening off to pour wine from France and act as wine stewards. Costs vary. Call 994-8004, ext. 101; info@annarborartcenter.org.

Bodywork and Body/Mind Therapies

Free Demonstration Rolfing Sessions with Leland Austin • Nov. 5, 1-6 p.m. at Crazy Wisdom Community Room • Free Rolfing sessions to experience or observe. Traditional and less traditional sessions available. In addition to a traditional practice of Rolfing, Leland works with some clients to help them bring gentle awareness to different parts of their bodies to notice the subtle arising and unfolding of sensations and emotions. Working in this way develops an increased capacity for awareness and brings one into a more intimate experience of oneself as an embodied being. Free. Call 327-1066.

Rosen Method Bodywork with Rosie King of Creative Spirit Center • Oct. 8-9, 9:30 a.m.-4:30 p.m. • The Rosen Method is a gentle and receptive form of touch that assists people into opening to long-forgotten feelings and experiences. $200. Call Suzanne Tarhay at 989-837-1885; creative@mindnet.org. For more information, also visit www.rosenmethod.com.

Alexander Technique: Free Your Movement, Enhance Your Performance with Alice Greminger • Tuesdays, 7 p.m. or Saturdays, 4 p.m. • Alexander students learn a process of changing how they move, freeing them from tension patterns and regaining freedom of movement, balance and support we all knew as children. Activities as varied as walking, computer work, performing, sports and injury prevention and recovery all benefit from Alexander study. Improve coordination while doing activities, freeing emotion and creativity. $10 per class or $50 for five-hour weekend workshop. Free introductory class. Call 665-0849.

Spiritual Anatomy and Awareness through Movement: Clearing Your Path Workshop with Elizabeth Alberda and L.J. Cavanaugh • The Physical Plane: Oct. 14-15; The Astral Plane: Dec. 16-17; Fridays 7-9 p.m., Saturdays 9 a.m.-3 p.m. • Spiritual Anatomy is a creative integration of the physical, emotional, mental and spiritual dimensions of being human. Through movement, meditation, art and spiritual practices, Spiritual Anatomy cultivates the art of living to bring acceptance and joy in the "whole shebang". Awareness through Movement are lessons of the Feldenkrais Method that take your body on a journey deep inside your own bones. $20 Friday only; $80 for the full weekend. Call Elizabeth at 663-5457 or Laura Jane at 989-529-3964; ealberda@comcast.net.

The Crazy Wisdom Calendar

Bodywork and Body/Mind Therapies
(Continued)

Awakening: Movement, Meditation, Sound and Silence with Elizabeth Alberda • Thursdays beginning Aug. 18, 7-8 p.m. • Drop-in class for awakening the art of living to bring acceptance and joy into the "whole shebang". By donation. Call 663-5457; ealberda@comcast.net.

Feldenkrais: Hips and Beyond with Nancy Denenberg • Tuesdays, Sept. 6-27; 10:30-11:30 • In *Feldenkrais Awareness through Movement* classes, you gently exercise your body while your mind learns gentle pacing, relaxation and more efficient, comfortable ways to move. In this series, you will "oil" your hip joints and pelvis, getting out some low back and hip creaks and improving your sleeping, sitting, walking and dancing. For fees, call Ann Arbor YMCA at 996-9622.

Form a Better Connection Between Your Mind and Your Body: Free Feldenkrais Method *Awareness through Movement* Workshop with Katherine Rogers • Sept. 17, 10 a.m.-1 p.m. • This is a movement reeducation method that teaches people how to regain freedom of movement and flexibility. The method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. People feel more in touch with themselves, calmer and more creative. Emphasis is placed on doing only what can be done easily and using visualization for anything that is painful or too difficult. The class is appropriate for all ages and physical conditions. Free. Call 971-5285; rogers@wccnet.edu.

Form a Better Connection Between Your Mind and Your Body: Feldenkrais Method *Awareness through Movement* Classes with Katherine Rogers • Wednesdays, 6:30-7:30 p.m.; Segment 1: Sept. 14, 21, 28, Oct. 5, 12, 19; Segment 2: Nov. 9, 16, 30, Dec. 7, 14 • This is a movement reeducation method that teaches people how to regain freedom of movement and flexibility. The method promotes recovery from and prevention of injuries, particularly repetitive stress injuries. Performers and athletes benefit through increased coordination and more efficient movement. People feel more in touch with themselves, calmer and more creative. Emphasis is placed on doing only what can be done easily and using visualization for anything that is painful or too difficult. The class is appropriate for all ages and physical conditions. $10 per class. First class free to newcomers. Call 971-5285; rogers@wccnet.edu.

Book Discussion Groups

Crazy Wisdom Reading Circle • Tuesday, Sept. 27; Friday, Oct. 14; Tuesday, Nov. 29; Tuesday, Dec. 13; 7 p.m. at Crazy Wisdom Community Room • Reading Circle at Crazy Wisdom. Each month, a different book is chosen for reading and discussion. Sign up for the discussion in advance and receive 30% off the purchase of the current month's title. September's selection will be *Mediated: How the Media Shapes Your World and the Way You Live In It* by Thomas De Zengotita. October's selection will be *Radical Evolution: The Promise and Peril of Enhancing Our Minds, Our Bodies – And What It Means to Be Human* by Joel Garreau. November's selection will be *My Life in Orange: Growing Up with the Guru* by Tim Guest. December's selection will be *Start Now! Meditation Instructions, Meditations, Prayers, Verses for the Dead, Karma and Other Spiritual Practices for Beginners and Advanced Students* by Rudolf Steiner, edited by Christopher Bamford. All are welcome. Just show up! Call 665-2757; information@crazywisdom.net.

Breathwork

Pranyog, known as Kundalini Yoga, with Billie Wahlen • Thursdays, 5:30 p.m. • We will breathe and move to increase prana (life force energy) in our bodies to release pain and stagnation. Yogic breathing exercises increase awareness. By donation. Call 276-6520; starbillie@email.com.

Transformational Breath Introductory and Review Workshops with Julie Wolcott and Marcia Bailey • Sept. 20, 26, Oct. 12, 17, Nov. 7, 8, 7-10 p.m. • An introduction to and review of the Transformational Breath, Judith Kravitz' approach to connected breathing. The Transformational Breath is a self-healing modality that can free up old, stuck, negative emotional patterns and through a process of experiencing full, open, connected breathing, integrate the mind, body and spirit at a higher vibrational level. Healing, joy and peace are common outcomes. This workshop is designed for those who are new to connected breathing as well as those who have already experienced a form of breathwork. The workshop will include a brief description of the Transformational Breath, a demonstration of breath analysis and a group breathing session. $40 for each workshop. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; jlwolcott@aol.com or mbailey@tm.net.

More Alive with More Joy through Transformational Breathing with Julie Wolcott and Marcia Bailey • Aug. 27 and Oct. 8, 10 a.m.-4 p.m. • This class is designed to empower participants in successfully using the Transformational Breath on a regular basis. Basic principles of the Transformational Breath will be presented in-depth, and two 45-minute group breathing sessions will be offered. Participants will be guided in an integration process after each of the two breathing sessions. A short meditation will also be included to encourage inner reflection. Appropriate for those new to connected breathing as well as those who have experienced various forms of breathwork. $65 for each workshop. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; jlwolcott@aol.com or mbailey@tm.net.

Reclaim Your Breath Weekend Seminar with Julie Wolcott and Marcia Bailey • Oct. 21-23; Friday, 7-10 p.m., Saturday 10 a.m.-6 p.m., Sunday 10 a.m.-4 p.m. • This weekend workshop will demonstrate in a powerful way how you can bring vitality, joy and health back into your life through the vehicle of the breath. You will have the opportunity to learn breathing techniques that will transform and heal. Four full breathing sessions will be included. Personal coaching will invite a natural open flowing breath, which will become a vehicle for transforming old suppressed, negative material. Higher levels of consciousness will be accessed. Once you have become familiar with the form, you will be able to use it on your own. This weekend seminar serves as a Level One training for the Transformational Breath Foundation Program. $375. Call Julie at 426-4978; jlwolcott@aol.com or Marcia at 994-8989; jlwolcott@aol.com or mbailey@tm.net.

Buddhist Teaching & Buddhist Meditation

For related listings, please see "Meditation" Section

The Art of Meditation with Gen Kelsang Khedrub of Vajrayana Buddhist Center • Sept. 6, 7-9 p.m. at Crazy Wisdom Community Room • Classes begin with a guided breathing meditation to help us reduce our stress from the day, and to develop a peaceful mind. Meditation is a method for aquainting our mind with virtue. Through learning the art of meditation, we can gradually reduce our negative states of mind and come to enjoy peaceful states of mind throughout our life. Everyone welcome to attend. Pre-registration not required. $10. No one turned away for lack of funds. Call 248-444-4633; annarbor@meditateinmichigan.org.

What is Liberation? with Gen Kelsang Khedrub of Vajrayana Buddhist Center • Oct. 25, 7-9 p.m. at Crazy Wisdom Community Room • Classes begin with a guided breathing meditation to help us reduce our stress from the day, and to develop a peaceful mind. What is liberation and where do we find it? Buddha explained that by following correct inner paths, we can come to know the supreme bliss of liberation. Everyone welcome to attend. Pre-registration not required. $10. No one turned away for lack of funds. Call 248-444-4633; annarbor@meditateinmichigan.org.

Tara Empowerment with Gen Kelsang Khedrub of Vajrayana Buddhist Center • Oct. 29, 10:30 a.m.-4:30 p.m. at Crazy Wisdom Community Room • A rare and precious opportunity to receive the blessings of Buddha Tara. Tara is a female Buddha, a manifestation of the ultimate wisdom of all the buddhas. Gen Kelsang Khedrub will grant the Blessing Empowerment and give commentary to the practice. $50 includes a dharma gift. Call 248-444-4633; annarbor@meditateinmichigan.org.

Becoming a Bodhisattva with Gen Kelsang Khedrub of Vajrayana Buddhist Center • Nov. 15, 7-9 p.m. at Crazy Wisdom Community Room • Classes begin with a guided breathing meditation to help us reduce our stress from the day, and to develop a peaceful mind. Motivated by compassion, a bodhisattva is someone who strives to attain enlightenment solely for the benefit of others. Through developing our compassion, we can learn to live this extremely meaningful life. Everyone welcome to attend. Pre-registration not required. $10. No one turned away for lack of funds. Call 248-444-4633; annarbor@meditateinmichigan.org.

Understanding Our Mind with Christine Jach of Vajrayana Buddhist Center • Sept. 20, 7-9 p.m. at Crazy Wisdom Community Room • Classes begin with a guided breathing meditation to help us reduce our stress from the day, and to develop a peaceful mind. At present, our mind is like an open wound. Through understanding which states of mind are beneficial and which are harmful, we can move our mind in an appropriate direction that leads to happiness. Everyone welcome to attend. Pre-registration not required. $10. No one turned away for lack of funds. Call 248-444-4633; annarbor@meditateinmichigan.org.

Actions and Their Effects with Christine Jach of Vajrayana Buddhist Center • Oct. 11, 7-9 p.m. at Crazy Wisdom Community Room • Classes begin with a guided breathing meditation to help us reduce our stress from the day, and to develop a peaceful mind. Learn why we experience suffering and where it comes from. By engaging in positive actions, we can create the causes for future happiness. Everyone welcome to attend. Pre-registration not required. $10. No one turned away for lack of funds. Call 248-444-4633; annarbor@meditateinmichigan.org.

The Three Higher Trainings with Christine Jach of Vajrayana Buddhist Center • Nov. 1, 7-9 p.m. at Crazy Wisdom Community Room • Classes begin with a guided breathing meditation to help us reduce our stress from the day, and to develop a peaceful mind. With the wish to be free from our suffering, we can improve our experience of moral discipline, concentration and wisdom. By engaging in these three practices sincerely and wholeheartedly, we can swiftly attain enlightenment. Everyone welcome to attend. Pre-registration not required. $10. No one turned away for lack of funds. Call 248-444-4633; annarbor@meditateinmichigan.org.

Bodhisattva's Way of Life with Christine Jach of Vajrayana Buddhist Center • Dec. 6, 7-9 p.m. at Crazy Wisdom Community Room • Classes begin with a guided breathing meditation to help us reduce our stress from the day, and to develop a peaceful mind. Learn to become a modern day bodhisattva. Through strengthening our wish to benefit others, we will naturally see that the only way to be of real benefit to others is to become a Buddha. Everyone welcome to attend. Pre-registration not required. $10. No one turned away for lack of funds. Call 248-444-4633; annarbor@meditateinmichigan.org.

Meetings of Huron River Sangha • Dates and times vary • Huron River Sangha meets weekly for meditation practice and to study the teachings of Thich Nhat Hanh, offering sitting and walking meditation and dharma discussions. New participants welcome. For complete information, call Laura Seligman at 327-1180; soaringcrane1@comcast.net.

Two Sunday Services at Zen Buddhist Temple • Every Sunday: 9:30-11 a.m. and 4-5:30 p.m. • Morning meditation service consists of two periods of meditation followed by chanting of the Three Refuges and a talk. Afternoon dharma service has two shorter periods of sitting meditation, sometimes walking meditation, reflection, chanting and a short talk. By donation. Call 761-6520; a2buddha@provide.net.

One-Day Zen Meditation Retreat at Zen Buddhist Temple of Ann Arbor • Sept. 17, Nov. 12, Dec. 29; 7 a.m.-5 p.m. • Sitting and walking meditation, simple manual work, vegetarian meals, and rest – an interval of deepening, of slowing down, silence and mindfulness. $50 includes vegetarian meals. Call 761-6520; a2buddha@provide.net.

Introductory Zen Meditation Course at Zen Buddhist Temple of Ann Arbor • Five Thursdays beginning Sept. 15 and Oct. 27, 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, and not the means for something else. Held in the Temple's meditation hall, the course includes some simple stretching exercises, work with the breath, meditation postures, concentration and mindfulness practice. $120/$100 unwaged. Call 761-6520; a2buddha@provide.net.

Yongmaeng Chongjin (Three-Day Meditation Retreat) with Ven. Haju Sunim at Zen Buddhist Temple of Ann Arbor • Oct. 6 at 7 p.m. through Oct. 10 at 8 a.m. • This retreat is an intensive period of zen practice geared toward the experienced student. Call 761-6520; a2buddha@provide.net.

Dharma Talk and Workshop with Kevin Griffen at Zen Buddhist Temple of Ann Arbor • Sept. 18, Dharma talk at 9:30 a.m. service; Workshop at 1-5 p.m. • Kevin Griffen, author of *One Breath at a Time: Buddhism and the Twelve Steps*, will present a dharma talk and workshop. For more information, call 761-6520; a2buddha@provide.net.

Seminar on the Life of the Buddha presented by Unsu Tim Halloran and the students of the Maitreya Buddhist Seminary at Zen Buddhist Temple of Ann Arbor • Oct. 16, 23, 30, Nov. 6; 11:30 a.m.-1 p.m. • Topics include Prince Siddatha's early life and marriage to Yasodhara, his renunciation and homeless life, his enlightenment and first sermons, his return home and young members of the Shakyas joining the Order, and his last days and death. $40 for the series includes vegetarian soup for lunch. Call 761-6520; a2buddha@provide.net.

Overnight Introductory Meditation Course at Zen Buddhist Temple of Ann Arbor • Dec. 2-3, 7 p.m. Friday to 3 p.m Saturday • This format is primarily intended for out-of-towners, but local people who cannot attend the Thursday evening course, or who prefer the overnight retreat, are also welcome. $160 includes accommodations and vegetarian meals. Call 761-6520; a2buddha@provide.net.

Year-End Service at Zen Buddhist Temple of Ann Arbor • Dec. 31, 8 p.m. • Everyone is welcome to join us in this special candlelighting service – a gentle and contemplative way to let the old year go and focus on peace and wisdom for ourselves and the world for the new year. $10 suggested donation. For those wishing to greet the new year in contemplation and reflection, overnight accommodation is available at the Temple for $45. Call 761-6520; a2buddha@provide.net.

New Year's Day Service at Zen Buddhist Temple of Ann Arbor • Jan. 1, 11:30 a.m. • Come join us for a peaceful start to 2005 (2549 in the Buddhist calendar). Call 761-6520; a2buddha@provide.net.

> Each small task of everyday life is part
> of the total harmony of the universe.
>
> \- St. Theresa of Lisieux

Rest for the Fortunate: The Practice of 1000-Arm Chenrezig with Bardor Tulku Rinpoche at Karma Thegsum Choling Tibetan Buddhist Meditation Center • Sept. 14, 7 p.m. • A teaching on the 1000-arm Chenrezig chanting and visualization practice which is done during the Nyung Ne, a fasting practice as described in Rinpoche's book, *Rest for the Fortunate*. $20 donation with work-study available. Call 761-7495; aaktc@yahoo.com.

1000-Arm Chenrezig Empowerment and Refuge Ceremony with Bardor Tulku Rinpoche at Karma Thegsum Choling Tibetan Buddhist Meditation Center • Sept. 15, 7 p.m. • The formal permission to fully practice the 1000-arm Chenrezig practice which is done during the Nyung Ne, a fasting practice as described in Rinpoche's book, *Rest for the Fortunate*. Refuge is the formal entry to the Buddhist path. Refuge is required for the empowerment. A donation to the lama is traditional. Call 761-7495; aaktc@yahoo.com.

Introduction to Mindfulness through Meditation with Lama Kathy Wesley at Karma Thegsum Choling Tibetan Buddhist Meditation Center • Sept. 30-Oct. 2; Friday, 7 p.m., Saturday and Sunday, 10 a.m.-4:30 p.m. • Introductory talk Friday evening on the benefits of mindfulness. Instructions and practice Saturday and Sunday, with opportunity for questions and discussion. $10 for Friday only; $50 for the three days. Call 761-7495; aaktc@yahoo.com.

In a Woman's Body: Opening to the Divine Feminine with Aura Glaser of Jewel Heart • Sept. 10, Oct. 29 and Dec. 10, 11 a.m.-1 p.m. • These three sessions are for women interested in a deepening exploration of spiritual practice and the sacred feminine. We will be working with Tara, particularly the Six Shields Practice, as a way to engage intellect, imagination and emotion and to strengthen the connection to the Divine Feminine. Sessions will include a short talk, guided meditation, dialogue and personal reflection. Preregistration required as space may be limited. Jewel Heart members only by donation. Call 994-3387 ext. 1; registration@jewelheart.org.

In the Shade of the Rose Apple Tree with Aura Glaser of Jewel Heart • Nov. 26 and Dec. 3, 11 a.m.-1 p.m. • During these two sessions, we will take a mythopoetic look at Buddha's journey to awakening with a special emphasis on the presence of the feminine in her triple aspect (mother, virgin, and crone), on relinquishing the addiction to transcendence, as well as the significance of trees at threshold moments in Buddha's life. Open to all who are interested in letting the symbols embedded in the story speak again, revealing their inexhaustible depth of meaning. Preregistration required as space may be limited. By donation. Call 994-3387 ext. 1; registration@jewelheart.org.

Guide to the Bodhisattva's Way of Life: The Wisdom Chapter Part 4 with Gehlek Rimpoche of Jewel Heart • Eight Tuesdays: Sept. 13, 27 Oct. 4, 11, 18 Nov. 1, 8, 15; 7 p.m. • Bodhisattvas are individuals who commit themselves to total enlightenment in order to benefit all beings. With contemporary understanding and wit, Gehlek Rimpoche conveys Shantideva's timeless message in a way that reveals its power to transform our lives. $40 for nonmembers, $15 drop-in, $20 supporting members. Call 994-3387 ext. 1; registration@jewelheart.org.

Good Life, Good Death with Gehlek Rimpoche of Jewel Heart • Eight Thursdays, Sept. 22-Nov. 10; 7 p.m. • Based on the national bestselling book by Gehlek Rimpoche, this course explores how the Tibetan Buddhist perspective can be used by anyone, of any faith, to bring depth, meaning and joy to daily life. $80 or no charge for supporting members. Call 994-3387 ext. 1; registration@jewelheart.org.

Overcoming Anger and Cultivating Compassion: Public Talk with Kyen Rimpoche Geshe Lobsang Tseten through Jewel Heart • Nov. 18, 7-9 p.m. • By donation. Call 994-3387 ext. 1; registration@jewelheart.org.

The Three Principles of the Path: Weekend Teaching with Kyen Rimpoche Geshe Lobsang Tseten through Jewel Heart • Nov. 19, 10 a.m.-5 p.m. and Nov. 20, 10 a.m.-1 p.m. • The Three Principles of the Path is a condensed summation of the path to enlightenment, which includes developing the determination to be free, compassion and wisdom. $65 or $40 for members. Call 994-3387 ext. 1; registration@jewelheart.org.

Deepening Awareness: The Practice of Mindfulness Meditation through Jewel Heart • Eight Mondays, Oct. 3-Nov. 28 (no class Oct. 31); 7-8:30 p.m. • Becoming more aware of our thoughts, feelings and sensations through meditation opens the door to understanding the nature of our mind and how it creates our experience. This Jewel Heart Study Program Course is open to all, but is recommended to follow Creating Space: Clarity and Insight through Meditation. $80 or no charge for supporting members. Call 994-3387 ext. 1; registration@jewelheart.org.

Navigating the Sea of Desire with Sandy Finkel of Jewel Heart • Nov. 5, 1-4 p.m. • In traditional Buddhist teachings, it appears that desire has the reputation of being at the root of all suffering. But there are aspects of desire that motivate us to greater meaning and possibilities. Join Sandy Finkel in an exploration of this seeming paradox, making distinctions between the juice of passion, the attachment of clinging and what helps further our spiritual growth to help us feel truly alive. $25 or Jewel Heart members by donation. For complete information, call 994-3387 ext. 1; registration@jewelheart.org.

Three-Hour Concentrated Meditation Sessions at Jewel Heart • Sept. 24 and Oct. 22, 10 a.m.-1 p.m. • Open to all, these sessions will be led by Jewel Heart instructors. Call 994-3387 ext. 1; registration@jewelheart.org.

Sunday Morning Program at Jewel Heart • 10-11 a.m. Dharma talk, 11-11:30 a.m. Tea and cookies, 11:30 a.m.-12:30 p.m. White Tara practice session • Introductory Dharma talks given by Jewel Heart instructors and Gehlek Rimpoche. These talks are free and open to the public. Call 994-3387 ext. 1; registration@jewelheart.org.

Celtic Spirituality

Journey to Avalon: A Mystery School with Bronwen Gates • Ongoing, meets monthly • Each month, you will receive a packet of materials that includes an exploration of one of the qualities of chivalry with a Faerie Flowers essence that supports that quality, part of the Arthurian legend, playtime with Faerie, with the muse, the glamourie, the ancient ones of the stone and the shining ones. Each month, you have the opportunity to gather for a playdate to go deeper into the Mystery – the Mystery of You. $99 per month or $27 per month for writings and essence only. Call 975-8754; bronwild@aol.com.

Ceremonies, Celebrations & Festivals

Christmas Celebration Retreat at Self Realization Meditation Healing Centre • Dec. 24-27 • A truly spiritual way to celebrate the inner beauty of these times. Following a meal served on arrival, giving time for all participants to get to know each other, the retreat is held in silence to provide ample time for meditation, contemplation, relaxation and getting in touch with the inner self. $141 includes meals and lodging. Call 517-641-6201; SRMHCmichigan@cs.com.

New Year's Gathering Retreat at Self Realization Meditation Healing Centre • Dec. 30-Jan. 1 • For all who wish to come and imbibe in the peace and beauty of the Centre as the New Year begins. $109 includes meals and lodging. Call 517-641-6201; SRMHCmichigan@cs.com.

Community Grief Ritual with Myron Eshowsky and Gae Winn • Sept. 30, 7 p.m. through Oct. 2, 1 p.m. • In this residential workshop, we will come together to release our personal and collective grief for the sake of healing and peace. The workshop leaders believe that when we release and transform our grief in ceremony, we are simultaneously engaging in a personal healing ritual, a community ritual and a global peace ritual. $230-250 or $210-230 before Sept. 9. Includes food and lodging. Call 975-8791; mackeyj@umich.edu.

Aegis Consulting Holiday Party • Dec. 9, 7-11 p.m. • Please join us for a celebration of the winter season and learn about Aegis Consulting's class offerings. Instructors and students will be in attendance to answer questions and help you have a great time! Free. Call 645-2265; management@aegisconsulting.org.

19th Dimensions in Light Festival: Holistic Living through the Lighthouse Center • Nov. 12, 11 a.m.-7 p.m. at Washtenaw Community College • Second largest metaphysical festival in Michigan with vendors, readers, bodyworkers, ear coning, aura photography, health products and free lectures focusing on the theme of living in health and wholeness. Volunteer and get in free. $5 admission. Call Nirmala at 663-2218; nirmalanh@aol.com.

Thanksgiving Eve Meditation at Lighthouse Center • Nov. 23, 7 p.m. • We will gather at 7 p.m. and meditate from 7:30-8:30 p.m., with a veggie potluck to follow. No cost. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Christmas Eve Meditation at Lighthouse Center • Dec. 24, 6 p.m. • We will gather at 6 p.m. and meditate from 6:30-7:30 p.m. This meditation will celebrate the Christ Light and the joy of Christmas. We will sing Christmas carols, also. No cost. Call Prachi at 734-449-4381; thielp17@yahoo.com.

New Year's Eve Meditation at Lighthouse Center • Dec. 31, 11 p.m. • We will gather at 11 p.m. and meditate from 11:30 p.m.-12:30 a.m. Bring in the New Year in the highest vibration. No cost. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Pagan Awareness Day with FOCAS: Federation of Circles and Solitaries in Wyandotte • Sept. 16, Noon-7 p.m. • Open fair with psychic readers, literature and presenters on paganism and related topics. Free with donations accepted. Call Oberon at 313-492-4680; oberon_osiris@hotmail.com.

Mabon: Fall Equinox Event with FOCAS: Federation of Circles and Solitaries in Trenton • Sept. 25, Noon-5 p.m. • A celebration of Fall Equinox, including a potluck, raffle prizes and ritual with Oberon and Banshee Shadowwolf. Free. Bring a dish to pass. Call Oberon at 313-492-4680; oberon_osiris@hotmail.com.

The Crazy Wisdom Calendar

Ceremonies, Celebrations & Festivals (continued)

Samhain Halloween Ritual with FOCAS: Federation of Circles and Solitaries • Nov. 5, 6 p.m.-Midnight at Wayne County Fairgrounds, Belleville • The Federation's biggest event including a catered dinner, raffle, music, dancing, costume contest and Samhain ritual. Limited seating. $40 or $31.50 for members in advance. Call Oberon at 313-492-4680; oberon_osiris@hotmail.com.

Christmas Eve Liturgy with Thomas Lumpkin as celebrant through Visitation • Dec. 24, 11 p.m., preceded by Christmas carols at 10:30 p.m. • No cost. Call 734-242-5520; visitation@ihmsisters.org.

New Year's Eve Prayer with Visitation Staff • Dec. 31, 9 p.m.-Midnight • Come for as long as you wish to spend peaceful time in prayer to bid farewell to the old year and ask blessing on the new year. There will be plenty of silent time with occasional readings and music. No cost. Call 734-242-5520; visitation@ihmsisters.org.

Chakras

Heart Empowerment Class with Prachi through Lighthouse Center • Thursdays, Oct. 6-27; 7:30-9:30 • A four-week class focusing on empowering the heart chakra so that we can love ourselves and others more. Introductory meditation lecture and at least two months of mantra meditation are prerequisites. $75 or $60 for pledging members. Call 734-449-4381; thielp17@yahoo.com.

Chakra Meditation Class with Nirmala Nancy Hanke through Lighthouse Center • Eight Tuesdays beginning Sept. 27, 7:30-9:30 p.m. • Each week, one of the seven chakra energy centers will be the focus for mantra meditation. At least two months of mantra meditation is a prerequisite. The Heart Empowerment Class (see above) is also recommended as a prerequisite. $120 or $100 for pledging members. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Seven Day Chakra Retreat with John Friedlander in Cincinnati, Ohio • Oct. 24-31 • Several times each year, we gather for an advanced meditation session, using the luxury of dedicated time and group energy to leap forward in our psychic and spiritual life. The format of these sessions is spontaneous and largely channeled. The gathering energy which has built over the months always bears great relevance to what is eventually explored in the session, but even so, the actual direction of the session will always depart from our expectations. There does seem to be a seasonal flow in emphasis, with the seven day fall session concentrating deeply on one chakra at a time. $250 for the weekend only. $375 for the complete package. Other fees available for single sessions. For complete information on fees and times, contact Gloria Hemsher at 513-561-2113; hemsherglo1@yahoo.com.

Chakra Meditation with Ema Stefanova • Sept. 18, 1:30-4:30 p.m.; Nov. 13, 1:30-4:30 p.m. or Nov. 15, 7-9:30 p.m. • This workshop is for all interested ages 14 and up to learn about the vital and still widely misunderstood subject of the chakras. The subtle yoga physiology of the chakras and energy channels will be explained and classical tantric chakra meditation will be practiced. Ema will talk about her personal experience with the chakra and kundalini awakening. No previous experience necessary. $49. Call 665-7801; emastefanova@cs.com.

Channeling

Circles of Prophecy: Crystal Clear Expressions Channeling Evening with Nanci Rose Gerler • Sept. 1, Oct. 6, Nov. 3, Dec. 1; 7-9:30 p.m. at Crazy Wisdom Community Room • Psychic Nanci Rose Gerler channels group and individual messages that provide spiritual guidance for this era of personal and global transformation. Receive inspiration and empowerment, as well as positive healing energy. $20. Call 996-8799.

Rise and Shine with Gayle Fitzgerald • Oct. 1, 3-4:30 p.m. at Crazy Wisdom Community Room • Discover how your personal frequency affects your world and how you can raise your individual vibration to uplift your life. Topics such as diet, meditation, following your intuition, pursuing your bliss, thoughts and more will be discussed. This fascinating event will also include a channeled and guided meditation and personal energy work to increase your individual vibration right away! $30. Call 327-8423; cvllc@sbcglobal.net.

Celestial Connection with Gayle Fitzgerald • Dec. 3, 11 a.m.-12:30 p.m. at Crazy Wisdom Community Room • Join us to receive channeled messages, radiance and information from high guides of light, avatars and ascended masters. Get assistance in your ascension process and in aligning with the earth energy changes during this time of great planetary transformation. $20. Call 327-8423; cvllc@sbcglobal.net.

An Evening with Jacob with Judy Crookes through Gateways Center for Life Enrichment • Sept. 26, Oct. 11, Nov. 21, Dec. 13; 7:30 p.m. • Jacob, channeled by Judy Crookes, is a delightful and charming entity, a master teacher whose sole purpose is the empowerment of each individual who is present. Jacob's method of teaching is to use analogy and example mixed with lots of laughter. Great depth is achieved through this approach and each person feels personally touched and loved. This evening will consist of a short talk, one-on-one interaction with most participants, question period and meditation. $15. Call 332-4666; gatewayscenter@hotmail.com.

A Meeting with the Angels with Shala Kilmer • Nov. 19, 10 a.m.-3 p.m. • Relax and enjoy loving messages from your angels and from archangels through Shala's channeling. Receive wisdom, joy and answers to your questions. Up to 10 participants. $70 includes lunch. Call 248-258-8287; shalakilmer@comcast.net or www.intuitionpath.com.

Finding Your Soul Mate with Shala Kilmer • Oct. 15, 10 a.m.-4 p.m. • You will receive a detailed channeled reading describing your soul mate and what you can do to speed the process of meeting. Much more information from channeled sources on soul mating. Limited to six participants. $120 includes noon meal and snacks. Call 248-258-8287; shalakilmer@comcast.net or www.intuitionpath.com.

Past Life Regression: Heal Karmic Blocks with Shala Kilmer • Sept. 17, 1-4 p.m. • Free yourself from the past... change your life. You will be taken to a previous life, discover what caused the block and have all energy blockages removed. Expect change... what's in store for you? Limited to six participants. $99. Call 248-258-8287; shalakilmer@comcast.net or www.intuitionpath.com.

The Gathering with Karlta Zarley • Second Tuesday of each month, 7-9:30 p.m. in South Lyon • Karlta Zarley channels information from Spirit about changes we experience as we move towards Ascension, trends and issues that affect us and teachings to help us all move along our spiritual paths. Bring a dish to share. $10 suggested donation. Call Evan Peele at 734-437-7466.

Wednesday Evenings with Aaron channeled through Barbara Brodsky • Sept. 28, Oct. 26, Nov. 23, Dec. 21; 7:30-9:30 p.m. • An open session with Aaron and Barbara on spiritual and metaphysical topics. Aaron will offer a talk and then answer personal and universal questions. All are welcome for any of the sessions. Donations accepted. Call Deep Spring Center at 477-5848; info@deepspring.org.

Channeling with Betsy Bergstrom from Seattle, Washington through Spirit Weavers in Lansing • January or February 2006 to be announced • For complete information, call Kate at 517-543-6754; spiritweaver@voyager.net or www.spiritweavers.net.

Childbirth

Oh My, We're Having a Baby Workshop with Mary Stevens • Oct. 12, 7-9 p.m. • Getting ready for a new child involves more than buying diapers and preparing for labor and delivery. This workshop addresses the many emotional and relationship shifts that affect new moms and dads. Move beyond sleep deprivation to developing a greater sense of comfort and competency with your new baby. $45 per couple or $25 per individual. Call 794-9989; www.lifecycles.biz.

Becoming Grandparents Workshop with Mary Stevens and Diane McCarthy • Nov. 9, 7-9 p.m. • Witnessing your child become a parent can be a profound, life changing experience. This workshop explores the shifts in family relationships, the opportunities for healing old wounds and the many delights and challenges of grandparenting. $45 per couple or $25 per individual. Call 794-9989; www.lifecycles.biz.

Holistic Childbirth Preparation with Patty Brennan and Beth Barbeau of Center for the Childbearing Year • Six Tuesdays, Sept. 6-Oct. 11 or Nov. 15-Dec. 20; Six Wednesdays: Sept. 14-Oct. 19; 7-9:15 p.m. • Share in a midwife's experience with normal birth. Six-week series prepares woman and her partner for birth at home or in the hospital. Parents are encouraged to focus on prevention and wellness and make informed choices. Suggestions regarding the safe use of herbal, homeopathic and other natural therapies included. M-Care insurance reimbursement. $190 per couple. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Newborn and Infant Care with Beth Barbeau of Center for the Childbearing Year • Three options: Sept. 25, 2-6 p.m. or Oct. 25 and Nov. 1, 7-9:15 p.m. or Dec. 3 and 10, 9:30-11:45 a.m. • This class provides expectant parents with practical insights and supportive resources to help smooth the transition into parenthood. Topics include calming the baby, preventing postpartum depression, troubleshooting health issues such as thrush, diapering, postpartum doulas, mother and infant nutrition, equipment/furniture recommendations (what's really necessary?) and reclaiming your sex life. Rather than teaching the "right" way to parent, emphasis is placed on guiding parents into developing effective solutions that will work for their families. $60 per couple. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Breastfeeding Basics with Beth Barbeau of Center for the Childbearing Year • Three options: Oct. 2, 2-5 p.m. or Nov. 8, 7-9:15 p.m. or Dec. 17, 9:30-11:45 a.m. • This class is designed to provide the basic information that a pregnant woman needs to be successful at breastfeeding. Topics include keys to successful breastfeeding; obstacles to breastfeeding success; what is "normal"; overcoming common problems; psychological, cultural and societal issues that impact breastfeeding; what to do when breastfeeding doesn't work; back to work strategies, and product review - bras, pumps, and other lactation aids. M-Care insurance reimbursement. $30 per couple. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Ensuring Breastfeeding Success with Beth Barbeau • Oct. 8, 9 a.m.-5 p.m. • This workshop provides a grounding in the fundamentals of breastfeeding and will educate professionals who work with women postpartum in the counseling skills necessary to assess and correct breastfeeding problems. 7.8 Nursing CEUs provided. $110 with early registration discount offered. Call Patty Brennan at 663-1523; patty@center4cby.com or www.center4cby.com.

Introduction to Childbirth with Patty Brennan of Center for the Childbearing Year • Nov. 5, 9 a.m.-5:30 p.m. • This course serves as an introduction to childbirth education for professionals while fulfilling the prerequisite for Birth Doula Training. Topics covered include optimal nutrition for a healthy pregnancy, anatomy and physiology of pregnancy and birth, relief for common discomforts of pregnancy, conscious relaxation and breath awareness, body mechanics, stretches, and essential exercises for the childbearing year, the experience of labor, complications of labor and birth, medical interventions in birth and the process of informed consent, medical protocols and tests for the newborn, mom's normal postpartum recovery and breastfeeding basics. $110 with early registration discount offered. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Birth Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • Nov. 11-13, 9 a.m.-5:30 p.m. each day • Become a Professional Birth Assistant. Training covers the doula's role during pregnancy, emotional support in labor, comfort measures and pain relief, labor support strategies for normal and challenging births, essential communication and mediation skills for doulas, the doula's role postpartum, breastfeeding support, basic business skills and more. Get hands-on experience through our community-based volunteer doula program and earn professional certification through Doulas of North America. No previous medical training required. 24.6 Nursing CEUs provided. $350 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Liza Bancel, Shamanic Counselor and Spiritual Director

Twenty years ago I read these words in Black Elk Speaks: "...for nothing can live well except in a manner that is suited to the way the Sacred Power of the World lives and moves." Ever since then, I have been exploring ways in which the shamanic perspective brings clarity and healing to our world of opposites, particularly in the life-death-life cycle. These ideas have been truly transformative in my own life, and it is just wonderful to be able to pass them along to others.

Postpartum Doula Training and DONA Certification with Patty Brennan of Center for Childbearing Year • Oct. 21-23, 8 a.m.-6:30 p.m. • This course prepares you to provide excellent in-home care to families in the postpartum period. Topics include the doula's postpartum role, effective listening and communication skills, importance of the birth experience and its impact on the postpartum recovery and adjustment period, normal physiologic recovery for the mother and holistic support measures, the newborn baby, supporting families with multiples, breastfeeding basics and troubleshooting common problems, integrating a new baby into the family, postpartum mood disorders, support for the grieving family, and more. 29.7 Nursing CEUs provided. $385 with early registration discount available. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Advanced Doula Training with Patty Brennan of Center for Childbearing Year • Oct. 9, 9 a.m.-5 p.m. • Spend a day sharing ideas and practicing new skills with other doula professionals. A variety of hands-on support measures for pregnant, birthing and newly postpartum moms will be presented. Topics include use of the rebozo with women in labor, optimal fetal positioning, labor and postpartum massage techniques, grief and loss support, preventing burnout, the art of being on-call and tricks of the trade (group sharing). 7.8 DONA CEU's provided. $110. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Christianity

Taize Prayer with Marguerite Buchanan and Suzanne Toolan through Weber Center in Adrian • Oct. 26, 7:30 p.m. • Christians of all denominations are invited to gather in the new St. Catherine Chapel for an evening of ecumenical Taize prayer. Freewill offering. Call 517-266-4000; fax 517-266-4004; webercenter@adriandominicans.org.

A Taste of Taize with Marguerite Buchanan and Suzanne Toolan through Weber Center in Adrian • Oct. 27, 10 a.m.-3 p.m. • This workshop is an opportunity to become acquainted with the ecumenical Community of Taize, its history and spirit. We will spend time with the gentle music of the community, singing and playing much of the published repertory. This is a chance to learn how to pray the music, both in the Taize service and in more traditional liturgy. It is a workshop for both musicians and non-musicians. Musicians are welcome to bring small instruments. $50. Call 517-266-4000; fax 517-266-4004; webercenter@adriandominicans.org.

Eucharistic Celebration with Visitation Staff • First and Third Wednesdays, 7 p.m. • Come and share in this midweek celebration of Eucharist. No cost. Call 734-242-5520; visitation@ihmsisters.org.

Creating a Spirituality for the Family with Patricia Danks of Visitation • Oct. 15, 9:30 a.m.-Noon • A perfect introduction for the holidays, this session will explore the many ways a family can develop a spiritual path based on Christian values. Participants will develop a statement of purpose that will be used as a guide to explore family traditions. There will be an opportunity to develop new rituals to help the family grow spiritually. This session is recommended for families with adult children as well as young families. $20. Call 734-242-5520; visitation@ihmsisters.org.

Spirituality and the Call to Justice with Jacques Marie Pasquier of Visitation • Nov. 12, 9 a.m.-12:30 p.m. • In this month of focus on giving thanks for many blessings, this presentation will invite participants to reflect on their Christian commitment to the common good. They will be encouraged to reflect on their own spirituality and to explore its necessary relationship to justice. An overview will be given of Catholic tradition/teaching and of the church's work for justice. $20. Call 734-242-5520; visitation@ihmsisters.org.

Color Energy

Aura-Soma: One Day Introductory Workshop with Victoria Silks • Dec. 11, 10 a.m.-4 p.m. • Hands-on experiential introduction to Aura-Soma, an international color energy system from England used by practitioners, bodyworkers, massage therapists and spas in over 52 countries since 1983. $60. Call 669-0376; vsds@sbcglobal.net.

Aura-Soma Level 1: Foundation Class with Victoria Silks • Sept. 10-15, Sept. 17-22, Oct. 7-12, Nov. 5-10; 9 a.m.-4 p.m. • The Foundation Level of Aura-Soma color care system developed in England in 1980 includes hands-on experiential work to complement the introduction of the 105 "equilibrium" bottles containing the energies of color and light, flowers, herbs, crystals and gems. Classes good for CEU's from NCBTMB. $600 includes workbook and certificate. Call 669-0376; vsds@sbcglobal.net.

Aura-Soma Level 2: Intermediate Class with Victoria Silks • Oct. 15-20, 9 a.m.-4 p.m. • Level 2 builds upon Level 1 to deepen the understanding of the language of color. It exposes students to the connection between color energy and other wisdom traditions, as well as deepening consultation skills. $650 includes workbook and certificate from ASIACT. Call 669-0376; vsds@sbcglobal.net.

Aura-Soma Level 3: Advanced Class with Victoria Silks • Oct. 23-28, 9 a.m.-4 p.m. • Level 3 builds on the first two levels and is an exciting journey into the interrelationship between the Aura-Soma equilibrium bottles and the Tree of Life and tarot. It continues to deepen the practitioner/client relationship. $725 includes workbook and certificate from ASIACT in England. Call 669-0376; vsds@sbcglobal.net.

Aura-Soma Level: Four-Day Workshop for Massage Therapists, Bodyworkers and Spas with Victoria Silks • Nov. 12-15, 9 a.m.-4 p.m. • Hands-on experiential course on how to integrate the Aura-Soma color energy system into your business as a massage therapist, bodyworker or spa owner. $425 includes workbook. Call 669-0376; vsds@sbcglobal.net.

Community Involvement

Crazy Wisdom Bookstore Fall 2005 Salon – Shift Your Thinking and Change the World: How the Art and Science of Framing is Shaping Public Opinion and Policy • One Thursday per month, 7:30 p.m. in Crazy Wisdom Tea Room • Join us as we experiment with a new format for our Fall Salon. To facilitate a more intimate way for us to tap into the collective wisdom of our community, we will use the "World Cafe" approach to dialogue. Through this innovative approach to conversation, we will have even more opportunity to explore issues deeply through small group interactions and sharing around the cafe table. Our Salon community has been searching for a way to comprehend how people make sense of the world and how and why they understand issues in a specific way. To further this inquiry, we will be looking at the concept of "Framing". Join us as we explore this complex and timely topic with guest speakers who share their perspectives and invite lively conversation. Facilitated by Lucinda Kurtz. For more information, contact Lucinda at 665-9160.
Sept. 22 • Do You Think You Have An Open Mind? Think Again: What We Know About Framing with Jeremy Seligman and Ali Webb
Oct. 20 • How Is the Media Using Frames to Advance Specific Agendas? with John Hilton and Judd Branam
Nov. 17 • Politics Not As Usual with Bruce Gibb and Bunyan Bryant with Students from Environmental Justice Initiative, School of Natural Resources and Environment, University of Michigan

Welfare Simulation through Welfare Rights Organization • Oct. 23, 2-5 p.m. • Could you live for a month on welfare? In this simulation, participants interact with agencies and businesses in a "village" created by facilitators and, afterwards, discuss their experiences and insights. This workshop will be a valuable learning experience for anyone in our community interested in improving the quality of life for our low-income citizens. $10 suggested donation, or as able. Call Interfaith Council for Peace and Justice at 663-1870; www.michiganfriendscenter.org.

CROP Hunger Walk through Interfaith Council for Justice and Peace • Oct. 2 at St. Francis Catholic Church, 1:30 p.m. Registration, 2 p.m. Walk • For complete information, call 663-1870; jason@icpj.net.

Consciousness Expansion

Maps, Memes and Waking Dreams: An Eight-Week Exploration of the Leading Edge with Chris Tarr through Upland Hills Ecological Awareness Center in Oxford • Mondays, Sept. 26-Nov. 14; 7-9:30 p.m. • No one has mapped the far reaches of human consciousness more thoroughly and comprehensively than author Ken Wilber. Using multimedia presentations, discussion and experiential activities, participants will "play" with his models in ways that are accessible, self-reflective and directly useful and empowering to our lives and work. $110 with early registration discount offered. Preregistration required. Call 248-693-1021; uheac@earthlink.net.

Expanding Consciousness – World in Transition: Creating Harmony and Peace in the Midst of Chaos with Barbara Brodsky and Aaron, with guest speaker Russell Boulding through Deep Spring Center • Sept. 9-11; Friday 7-9 p.m., Saturday 9 a.m.-9:30 p.m., Sunday 9 a.m.-4 p.m. • We in the earth environment – human, animal, vegetable, mineral and spirit – are all involved in a great transition of the earth plane into a higher vibration, into higher consciousness. This movement impacts every moment of our experience; in turn, our individual progression in this transition impacts every other being and the earth itself. The weekend will include talks, discussions, meditation, experiential exercises and creating community. Held at Michigan Friends Center in Chelsea. $20 for Friday only or $80 for three-day program. Call Dottie Coyne at 930-0192 or Deep Spring Center at 477-5848; www.deepspring.org.

Creativity

Creativity Workshop with Peter London for Creative Spirit Center • Sept. 16, 9 a.m.-4 p.m. and Sept. 17, 9:30 a.m.-4 p.m. • Peter will show how to create curriculums that nurture and empower the mind and creativity of students and teachers! $220 plus $20 extra for CEUs. Call Suzanne, Sharon or Linda at 989-837-1885; creative@mindnet.org.

The Crazy Wisdom Calendar

Creativity (continued)

Women and Creativity with Suzanne Schreiber and Nancyann Turner of Weber Center in Adrian • Sept. 10, 10 a.m.-4 p.m. • This day will include a presentation on what creativity is, and what life choices enhance or impede creativity in our lives. Slides will be shared, revealing the power of creativity in the lives of several women. There will be opportunities to participate in the visual arts, music, dance and creative prayer. Participants will also be invited to plan their personal Autumn goals for creativity. $50. Call 517-266-4000; fax 517-266-4004; webercenter@adriandominicans.org.

Divorce

Divorce Dialogues with Alfreda Menlove, Susan Franke, Joan Kauffman and Linda Cherry through The Women's Center of America • Oct. 3 and 10 or Dec. 5 and 12, 6-8 p.m. • Learn about the process of divorce and how to manage legally, financially and emotionally. You don't have to do it alone! Pay what you can afford. Call 973-6779; joan@thewomenscenterofamerica.org.

Getting Ready for the Negotiation Table with M. Brady Mikusko • Sept. 15, 7-9 p.m. • This workshop is for divorcing or separating people who don't know how to or can't negotiate with their partners. It is a very practical workshop, with teaching, exercises and worksheets to help you learn more about negotiation, and feel more empowered. It will be helpful for people who are mediating or for people who are using attorneys in a traditional divorce process. $40 per person. Call 747-8240; bradymikusko@ameritech.net.

Dreams & Dreamwork

Dream Group: The Symbolic Significance of Dreams with Rebecca Mullen • Mondays, 7:30-9:30 p.m. • Individuals are encouraged to bring in their dreams to discover the dreams' symbolic meanings. Dreams connect and integrate the emotional with spiritual aspects of our existence. Night dreams and day dreams will be explored. By donation. Call 662-5925.

Dream Workshop with Alan Knight • Sept. 14, 7-9:30 p.m. at Crazy Wisdom Community Room • We will explore four areas of dreamwork – background, dream report, dreamwork and dream task for living – as the context for doing interpretation. The personal nature of symbols and several dreamwork techniques will be covered. $15. Contact alanknig@sbcglobal.net.

Drumming

Monday Evening Drum Class with Lori Fithian • Mondays, 7-8:30 p.m. • Start your week off in a good groove! Come explore drumming, singing and rhythmic improv of all kinds. All levels welcome. Drums provided or bring yours. Something different every week. Drop in when you can. $10. Call 426-7818; lorifithian@mac.com.

Drummunity Circles at Crazy Wisdom's Community Room with Lori Fithian • Oct. 18, Nov. 22, Dec. 20; 7-9 p.m. • Open community drum circles. Drum, chant and smile! Drums provided or bring your own. No musical experience necessary. Free. Call 426-7818; lorifithian@mac.com.

West African Drum Class with Ryan Edwards of Like Water Drumworks • Thursdays, 7-8:30 p.m. beginning Sept. 15 • Explore ritual and popular music of the Malinke and Susu people of West Africa. Classes cover the feel, technique and repertoire involved in jamming African-style. All abilities are welcome to this fun and ego-free setting. $10 per class. Call 734-475-3158; likewaterdrumworks@hotmail.com.

Drumming Circle with Gail Tola and Sally Gabany through Visitation • Second Friday of each month, 7-9 p.m. • Come for a two-hour session that may awaken your playful spirit, reduce tension and stress, and enhance your awareness of how sound can create peace and harmony. Experience a variety of simple drumming techniques including the ancient patterns of the I Ching and Native American ritual. Bring your own drum if you have one. Some drums will be available. No experience necessary. Attend as many sessions as you wish. $10-$20 suggested donation. Call 734-242-5520; visitation@ihmsisters.org.

Energy Work

Healing the Energy Body Part One with Laurie Akerros • Sept. 22-25 or Nov. 3-6, 9 a.m.-5 p.m. daily • All life is vibration at different frequencies and disturbance in the flow of energy in the field results in compromised health: physically, emotionally, mentally, and spiritually. This class will teach practitioners to sensitize their hands and awareness to learn to assess and treat the energy field in order to assist balancing the individual and creating optimum conditions for wellness. Open to beginners as well as experienced practitioners of other energy modalities. $350. Call 995-2719; www.esotericenergyhealing.com.

Healing the Energy Body Part Three with Laurie Akerros • Sept. 15-18, 9 a.m.-5 p.m. daily • Open to students who've completed the Part One class with any INEH teacher. In Part Three, students will further their assessment and treatment skills in working with the human energy field, at the physical, etheric, emotional, mental and spirit levels. Also, we will focus on the psychological aspects of the chakras and an introduction to the seven rays of life. $350. Call 995-2719; www.esotericenergyhealing.com.

Introduction to Healing Touch/Self Care with Barb McConnell • Sept. 24, 8:30 a.m.-12:30 p.m. or Nov. 13, 1-5 p.m. • This class gives you a basic introduction to energy healing in general and teaches the importance of self-care. It will include some lecture, but primarily hands-on experience using specific Healing Touch techniques. Refreshments provided. $70 includes materials. 4 CEUs for nurses or massage therapists. Call 517-522-4790.

Healing Touch Level 1 with Barb McConnell • Oct. 1, 8 a.m.-6 p.m. and Oct. 2, 8 a.m.-5 p.m. • This is the first class in the certification sequence that covers many non-invasive techniques for clearing, energizing and balancing human and environmental energy fields. This is based on heart-centered caring for others and promotes physical, mental, emotional and spiritual healing. 19 CEU's for nurses and massage therapists. $275. Call 517-522-4790.

Introduction to Healing Touch for Teens with Barb McConnell • Sept. 24, 2-5 p.m. • This class gives young adults a basic introduction to energy healing. It is primarily a hands-on experience covering specific Healing Touch techniques to help promote self-care and control pain. Refreshments provided. $40 includes materials. Call 517-522-4790.

Healing Touch Practitioners Support Night with Great Lakes Center for Healing Touch • First Tuesday of the month, 7 p.m. • The Great Lakes Center for Healing Touch student training clinic is ideal for helping you move towards HT Certification and staying in touch with Healing Touch practitioners in the area. $20 or $10 for clinic members. Call 332-9332.

Spirit Releasement with Jewel Shelden • Oct. 22-23, 10:30 a.m.-12:30 p.m. and 2-5 p.m. both days • You will be shown how to do effective releasement of unwanted entities from the body, how to discover if an illness might be caused by an entity or thought form energy and how to clear ghosts or spirits from your home. $219 includes book. Call 269-948-1990; jesheldon@hotmail.com or julimoore@hotmail.com.

Quantum Touch Workshop with Cathy Francois and Julie Lemond • Sept. 10, 9 a.m.-6 p.m. and Sept. 11, 10 a.m.-6 p.m. • Quantum Touch is a revolutionary form of energy work that can work on its own or intensify whatever healing work you're doing already. An invaluable tool for professional and laypersons alike, it is considered a breakthrough method in hands-on healing. $275. $137.50 for individuals participating in second, third or fourth basic workshop to obtain practitioner or instructor status. Call Cathy at 248-526-9679 or Julie at 586-604-9599; info@mispiritus.org or www.quantumtouch.com.

Energy Medicine Self-Care Classes with Julie Lappin • Wednesdays, 6-8:30 p.m.; Level I: Sept. 7-28; Level II: Oct. 5-Nov. 9 • Learn to strengthen your immune system with a five-minute daily routine, optimizing performance and reducing pain. Includes chakras, meridians, energy testing, working with allergies and more. $35 per class or $200 for four classes plus a 90-minute private session. Call 734-730-6112; energy@julielappin.com.

Exercise & Fitness

Exercise and Fitness Classes at the Women's Health Center through Saint Joseph Mercy Hospital • Sept. 12-Oct. 21 and Oct. 31-Dec. 16 • Various coed classes are held with differing dates, times and costs. For more information or to register, visit www.sjmercyhealth.org or call 712-5800.

Introduction to Pilates Mat and Reformer with Khita Whyatt • Sept. 13, Oct. 11, Nov. 15; 7:45-9:15 p.m. • Introduction to the basic principles of Pilates with experience on the mat and on the Reformer (machines). $5. Call 945-1169; khitaa2@aol.com.

Exhibitions

SJMH Medical Auxiliary Arts and Craft Show at the Women's Health Center through Saint Joseph Mercy Hospital • Oct. 22, 9 a.m.-4 p.m. • Over 50 artisans displaying jewelry, holiday gifts, apparel, florals, furniture, paintings and more. Participate in a bake sale, silent auction and artisan drawing for special gifts. All proceeds benefit the Neighborhood Health Clinic. $2 admission. Call 712-5800.

John and Susanne Stephenson Exhibition at the Ann Arbor Art Center • Sept. 9-Oct. 15 • World-renowned and honored ceramicists show new work influenced by recent travels to Asia. Opening reception will be held on Sept. 9 from 6-8 p.m. Free. Open Monday-Thursday 11 a.m.-6 p.m., Friday-Saturday 11 a.m.-9 p.m., Sunday Noon-5:30 p.m. Call 994-8004 ext. 101; info@annarborartcenter.org.

Annual All-Media Exhibit at the Ann Arbor Art Center • Oct. 21-Nov. 12 • Established in 1922, this juried competition invites Michigan artist submissions in any media. This year's juror is Dick Goody, Director of Meadowbrook Art Gallery and Curator of the Oakland University Art Collection. Opening reception Oct. 28. Free. Open Monday-Thursday 11 a.m.-6 p.m., Friday-Saturday 11 a.m.-9 p.m., Sunday Noon-5:30 p.m. For opening reception times, call 994-8004 ext. 101; info@annarborartcenter.org.

Gallery Shows at University of Michigan Museum of Art • Hours are Tuesday-Saturday: 10 a.m.-5 p.m.; Thursday: 10 a.m.-9 p.m.; Sunday: Noon-5 p.m. • Admission is free with $5 suggested donation. For more information, call 763-UMMA; www.umma.umich.edu.
Betye Saar: Extending the Frozen Moment • Oct. 15-Jan. 8; Friends of UMMA preview party Oct. 14 • Betye Saar is widely viewed as one of the most distinguished figures in American art today. Throughout her career, Saar has injected African American visual histories into mainstream visual culture by blending cultural, political and spiritual iconography to create complex works with universal impact. Saar is best known for her richly evocative assemblages and this exhibition, which is organized by UMMA and will tour nationally, will focus on the sustained presence of photography as a defining element that unifies Saar's career.
Pop! • Through Sept. 25 • Revisit the era of love, tomato soup and revolution in this exuberant presentation of Pop art. The exhibition showcases more than 100 vibrant works of art from public and private collections.
Paisley and Peacocks: Woven and Embroidered Textiles from Kashmir and the Punjab • Through Oct. 16 • This exhibition brings together two very different but equally striking styles of traditional textiles from the Indian subcontinent, both of which are rapidly disappearing from the modern world: Kashmir shawls, woven at the foot of the Himalayas from the finest wools in intricate paisley patterns, and boldly embroidered women's head coverings from the rural villages of the Punjab.

Open House/Art in the Barn: Feminine Images of God from the Syriac Church Father with Nancy Lee Smith through Visitation • Oct. 2, 4-6 p.m. • This exhibit is a marked departure for Nancy, who has been writing icons for 11 years. These oil and acrylic paintings are on canvas and depict the Holy Spirit as imaged by the Syriac Fathers of the Church. No cost. Call 734-242-5520; visitation@ihmsisters.org.

amily Health

fant CPR for Family and Friends through Saint Joseph Mercy Hospital • Sept. 26, Oct. 10, v. 14, Dec. 5; 6-9 p.m. • This class is for anyone over 16 who wishes to learn American Heart sociation CPR techniques for infants and children. This class is not for childcare workers or jobs quiring CPR. $38. Call 712-3625 or 800-803-7174; www.sjmercyhealth.org.

diatric Headaches through Saint Joseph Mercy Hospital • Oct. 6, 7-8:30 p.m. • Did you know t 15-20% of children experience headaches and migraines? Dr. Brain Woodruff, Pediatric urologist, will discuss symptoms, testing and treatment of this common condition. Treatment tions discussed will include pharmacologic treatment as well as complementary medicine. Free. ll 712-3625 or 800-803-7174; www.sjmercyhealth.org.

c and Tourettes through Saint Joseph Mercy Hospital • Nov. 11, 7-8:30 p.m. • Did you know t tics effect 3% of all children? When is a problem with tics really Tourette Syndrome? Come and rn from Dr. Brain Woodruff the latest research on how tics and Tourette Syndrome are diagnosed d treated. Free. Call 712-3625 or 800-803-7174; www.sjmercyhealth.org.

Feng Shui

utter Clearing Support Workshop with Joy Naylor • Sept. 15, 29, Oct. 13; 7-8:30 p.m. at razy Wisdom Community Room • This is an informal gathering of individuals you want to learn out: what clutter is, why we have it, how we can get rid of it. Be inspired and encouraged by her's experiences. Learn why clearing your clutter improves the feng shui in your life. $50. Call 5-1188; gaita@joynaylor.com.

Herbs, Plants & the Garden

edicinal Herbalism Home Study Course with Mary Light of Gaia Center • This course is self-ced and is coordinated with electives which encourage students to attend workshops in person in e spring and summer of 2006. Arrange to visit a field walk or short course to sample the courses d entire manual. $1,200. Call 769-7794.

erbs for Kids with Anna Fernandez • Oct. 1 • We will discuss safe and gentle herbs for kids, eative ways to give kids herbs as well as make a couple of products that you will take home. $35. r times, call 395-1616; annambloom@yahoo.com or www.motherbloom.com.

incture Making with Anna Fernandez • Oct. 5, 6:30-9 p.m. • We will discuss the art of tincture aking. We will learn about how to work with fresh and dried herbs, alcohol percentages and essing tinctures. We will make a tincture and press a tincture that you will take home. $35. For mes, call 395-1616; annambloom@yahoo.com or www.motherbloom.com.

edicine Making Workshop with Anna Fernandez • Oct. 11, 18, 25, Nov. 1; 6:30-9 p.m.• This ass will get you started or fine tune your skills on an herbal adventure that will help keep you, your mily and friends in a greater state of health. In this series of workshops, we will make compresses, mentations, infused oils, salves, tinctures and cough syrup. $150. For times, call 395-1616; nambloom@yahoo.com or www.motherbloom.com.

> You do not have to sit outside in the dark.
> If, however, you want to look at the stars,
> you will find that darkness is necessary.
> But the stars neither require nor demand it.
>
> -Annie Dillard

erbal Oils and Salves Workshop with Anna Fernandez • Nov. 8, 6:30-9 p.m. • We will make an fused oil as well as a salve. We will discuss the benefits of this wonderful herbal application, and ou will take home an oil and a salve. $40 includes supplies. For times, call 395-1616; nnambloom@yahoo.com or www.motherbloom.com.

astefest: New Brazilian Gourmet Herbal Coffee with Dr. Paul Parente • Sept. 24, 1-3:30 p.m. t Crazy Wisdom Community Room • Special tastefest and lecture on great new healthy coffee roducts, all made with energizing organic Malaysian Ganoderma herb. $5 includes samples to rink of all coffees and teas. Call Mike Kelly at 586-242-5343; kellyshealthycoffee@yahoo.com.

erbal Health for Birth and Postnatal Care and Herbal Balancing for Moon Cycle Problems vith Mary Light and Anna Fernandez, sponsored by the People's Food Co-op • Oct. 12, 7-8:30 .m. • Please pre-register. Free. For more information, call Cynthia Edwards at 994-4589; ducation@peoplesfood.coop.

erbal Wisdom Series: Herbs for Pets with Linda Diane Feldt at Crazy Wisdom's Community oom, sponsored by People's Food Co-op • Oct. 27, 7-8:30 p.m. • Basic herbal and homeopathic are for animal first aid and continuing good health. Bring your pet questions and concerns. Please reregister. Free. Call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

erbal Wisdom Series: Making Salves and Tinctures with Linda Diane Feldt, sponsored by eople's Food Co-op • Nov. 17, 7-8:30 p.m. • A special class where you will learn to make inctures, salves, poultices and more. You will take home knowledge as well as preparations. Please reregister. Free. Call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

erbal Wisdom Series: Menopause with Linda Diane Feldt at Crazy Wisdom's Community oom, sponsored by People's Food Co-op • Dec. 22, 7-8:30 p.m. at Crazy Wisdom Community oom • For every discomfort or symptom of menopause, there are herbs that can help. If you'd like nformation, ideas for support and practical positive advice on menopause, come to this seminar. lease preregister. Free. Call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

Holistic Health

Anthroposophic Inpatient Therapeutic Health Session with Dr. Molly McMullen-Laird and Dr. Quentin McMullen through Rudolf Steiner Health Clinic • Sept. 4-25 • Treatment of chronic illness with Anthroposophic medical care, including eurythmy therapy, art therapy, speech formation therapy, rhythmical massage, nutritional counseling and nursing care. For details and cost, call 663-4365; rshc@earthlink.net or www.csamwebsite.org.

Imagery and Healing: Science and the Imagination – Workshop with Jeanne Achterberg, co-sponsored by Deep Lake Institute and U of MI Integrative Medicine • Oct. 22, 9 a.m.-5 p.m. • In this experiential workshop, Jeanne Achterberg, author of *Imagery and Healing*, will explore the biomedical, behavioral and transpersonal dimensions of healing. Participants will increase their understanding of the use of the imagination in the healing process, review research on imagery and immune response, learn new techniques to elicit images for healing and integrate imagery process into practice. CEUs available. $50-$125 with early registration and UM student/staff discounts available. Call 877-567-1112; info@deeplake.info.

Free Introductory Talk on Natural Spiritual Healing with Angela Kronemeyer through Self Realization Meditation Healing Centre • Sept. 19, 7:30 p.m. • Natural spiritual healing is the divine science and art of balance, helping to be more balanced within the deeper layers of our being. This inner balance positively affects the outer layers of a person – the mind, emotions and physical body. This talk is for those interested in receiving healing or learning about the diploma level healer training offered. Free. Call 517-641-6201; SRMHCmichigan@cs.com.

Holistic Energy Care through Self Realization Meditation Healing Centre • Oct. 22-23, 10 a.m.-5 p.m. • A course of health care professionals, complementary practitioners, teachers, voluntary workers and all people who wish to deepen their understanding and care for their own energy, thus enhancing both their work with others and their own personal lives. $185 including lunches or $229 with meals and lodging. Call 517-641-6201; SRMHCmichigan@cs.com.

Are You At Risk for Developing Diabetes? Class through Saint Joseph Mercy Hospital • Nov. 1, 7-8:30 p.m. • What are the risk factors for developing diabetes? Learn what lifestyle changes you can make to help lower your risk. For cost, call Patty Ault at 712-5800.

Holistic Health Class Series with Mary Light of Gaia Center through Whole Foods Market • Wednesday evenings, 7-8:30 p.m. • Most classes are free. Register by calling Whole Foods Market at 975-4500.
Sept. 18 • Raw Foods Cuisine: Health benefits and recipes.
Oct. 19 • Iridology Slide Show: What an assessment can tell you about your health.
Nov. 16 • Herbal and Aromatherapy Bath Soaks: How to make and use them.

Field Walk at Sunward: Wild Edible and Medicinal Plants of Fall with Rowena Conahan of Gaia Center • Oct. 8, 9:30-11:30 • Delicious treats from the field afterwards! $12. To preregister, call Whole Foods Market at 975-4500.

Herbal Life Skills Gatherings with Mary Light through Gaia Center • Tuesday evenings, 7 p.m. • These are informal gatherings that are a combination of a class and an opportunity to try products. Learn safe, effective, drug-free health approaches. $5 donation. Call 665-3202 or 769-7794.
Sept. 6 • Skin Care: Cell proliferant creams, exfoliation and blood purifying
Sept. 20 • Mother Care Pre and Post Natal: Reemerging herbal traditions
Oct. 11 • Children's Ear Infections: Natural approaches and case histories
Oct. 25 • Naturopathy for Migraines and Headache Syndromes
Nov. 8 • Women's Health with Medicinal Herbs: Infections, cycle issues and more
Nov. 15 • Immune System Boosting for Winter Health: The immune tonics
Dec. 6 • Healthy Holiday Gifts for Mind, Body and Spirit

Acidic Society: PH Balancing for Your Health Workshop and Seminar with Speaker Anne Duffy and Chuck Herr • Oct. 9, 2-5 at Crazy Wisdom Community Room • Lecture on PH: what it is, how important it is to maintain and what to do to bring it back in balance. Interactive workshop with Chuck Herr testing guest's urine and saliva samples using the Reams Technique. $15 includes lecture, PH booklet and testing. Call The Connecting Bridge at 765-5830.

The Integrated Biochemical Restructuring System: A Solution to Your Health with Carl Bayha through Sun-Moon Yoga • Sept. 23, 7:30 p.m. • IBRS is based on three concepts: the body possesses innate ability to heal itself, health symptoms are not the problem but a manifestation of the disorder and biochemistry is at the root of life's functions. Free or donation. Call Jacquelyn Styrna at 216-6507; ibrsys@aol.com.

Harmonize Hormones for Household Happiness with Darren Schmidt • Sept. 7, 7 p.m. • Menopause and PMS lead to emotional irritability, which can wreck relationships. Why suffer when you can solve these problems nutritionally? Free. Call 302-7575; drschmidt@wholisticdoctor.com.

Allergies and Asthma Arrested with Darren Schmidt • Sept. 12, 7 p.m. • Allergies and asthma are a sign of one or more organs not functioning right. If you don't treat the correct organ, the asthma and allergies will never go away. Find out more about safe, effective, natural treatments that are clinically proven to help lung and sinus problems. Free. Call 302-7575; drschmidt@wholisticdoctor.com.

Digestive Problems with Darren Schmidt • Oct. 10, 7 p.m. • Despite what tv commercials say, gas, bloating, abdominal discomfort and stomach pain are best treated nutritionally. Free. Call 302-7575; drschmidt@wholisticdoctor.com.

Put a Stop to the Purple Pills with Darren Schmidt • Oct. 27, 7 p.m. • Heartburn and acid reflux pills are the most sold drugs in the U.S., yet these problems are some of the easiest to fix nutritionally. Learn how to resolve the digestive pain and problems of acid reflux and heartburn. Free. Call 302-7575; drschmidt@wholisticdoctor.com.

Cut Chronic Pain Our of Your Life with Darren Schmidt • Nov. 9, 7 p.m. • Pain is one symptom of many that our body uses to tell us something is wrong. If you take pain killers for any reason, this workshop is for you. Find a natural way to correct the problem that is causing your pain. Free. Call 302-7575; drschmidt@wholisticdoctor.com.

Find Food Allergies that Cause Weight Gain with Darren Schmidt • Nov. 10, 7 p.m. • Find out how you become allergic to certain foods, what it means and what to do about it. Weight gain is a symptom of eating foods your body doesn't like. Find out what your body doesn't like. Free. Call 302-7575; drschmidt@wholisticdoctor.com.

The Crazy Wisdom Calendar

Holistic Health (continued)

Overweight and Over Tired? with Darren Schmidt • Dec. 14, 7 p.m. • Know the common denominators to reverse being overweight and overly tired. Free. Call 302-7575; drschmidt@wholisticdoctor.com.

Introduction to Complementary and Alternative Medicine with Dr. Martin Sickels, sponsored by the People's Food Co-op • Sept. 8, 7-8:30 p.m. at Crazy Wisdom Community Room • An overview of the different healing modalities used including and beyond standard medicine. We will discuss the background of the different modalities and give some structure to the plethora of different approaches to health. Please pre-register. Free. Call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

Making an Herb Tincture and Detox and Cleansing: How It Helps and Why To Do It with Mary Light and Anna Fernandez, sponsored by the People's Food Co-op • Sept. 14, 7-8:30 p.m. • Please pre-register. Free. For more information, call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

Inflammation and Herbal Treatments with Linda Diane Feldt, sponsored by the People's Food Co-op • Sept. 22, 7-8:30 p.m. at Crazy Wisdom Community Room • Can herbs replace drugs? We'll talk especially about anti-inflammatory drugs and herbs that have similar actions. In addition to information on specific herbs, we'll discuss the additional concerns and cautions needed to make wise choices when using herbal remedies in addition to or in place of conventional medicine. Please pre-register. Free. For more information, call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

Common Causes of Nervous System Disorders Part 1: Nutrition, the Digestive Tract and Their Impact on Nervous System Problems with Dr. Michelle Loewe, sponsored by the People's Food Co-op • Sept. 20, 7-8:30 p.m. • Recent studies have revealed a link between diseases such as Parkinsons, MS, Alzheimers and how well our digestive tract is working. Another link between cardiac system function, diet and the onset of these diseases has also been made. This important workshop looks at the causes and underlying factors of these neurological disorders, how to support healthy gut function, as well as ways to manage symptoms. Please pre-register. Free. For more information, call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

What's Inflaming You? with Dr. Amy Dean, sponsored by the People's Food Co-op • Oct. 4, 7-8:30 p.m. at Crazy Wisdom Community Room • Inflammation is the hot topic in health these days from Alzheimer's to Fibromyalgia to Xenobiotics. Learn about what causes inflammation and what you can do to minimize its extremely damaging effects on your health. Please pre-register. Free. For more information, call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

Memory: How to Preserve and Maximize Its Potential with Dr. Martin Sickels, sponsored by the People's Food Co-op • Oct. 20, 7-8:30 p.m. at Crazy Wisdom Community Room • How to preserve your memory and maximize your memory potential, from preventing Alzheimer's to doing better on tests. Discussion will include longterm prevention strategies, tricks to enhance your memory today and supplements to make the most of the memory you have. Please pre-register. Free. For more information, call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

Common Causes of Nervous System Disorders Part 2: Impact of the Immune and Hormone Systems on Neurological Health with Dr. Michelle Loewe, sponsored by the People's Food Co-op • Nov. 8, 7-8:30 p.m. • Both the immune and hormonal systems can activate inflammation throughout the body, which can cause damage to the nervous system, leading to neurological diseases. They also directly effect the adrenal and thyroid glands, as well as neurotransmitters which support brain function. This important workshop looks at the causes and underlying factors of neurological disorders, how to reduce inflammation, support healthy immune and hormone system function, as well as ways to manage symptoms. Please pre-register. Free. For more information, call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

Endometriosis: Case Histories of Holistic Protocols and Blending and Making Teas for Nourishment with Mary Light and Anna Fernandez, sponsored by the People's Food Co-op • Nov. 9, 7-8:30 p.m. • Please pre-register. Free. For more information, call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

Mood: Addressing Depression, Anxiety, Bipolar Disorder and More with Dr. Martin Sickels, sponsored by the People's Food Co-op • Nov. 10, 7-8:30 p.m. • Mood is getting more respect as something to pay attention to and treat. We will discuss ways to address depression, anxiety, bipolar disorder, OCD and other variations. Medications as well as supplements and other alternatives will be discussed. Please pre-register. Free. For more information, call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

Children's Brain Dysfunction: Autism, ADD, ASD, ADHD with Dr. Martin Sickels, sponsored by the People's Food Co-op • Dec. 8, 7-8:30 p.m. at Crazy Wisdom Community Room • Autism, ASD, ADD and ADHD have been on the increase and there's much debate over how to best treat these conditions. Some background and theories on the causes will be discussed, as well as an approach to improving these conditions. Please pre-register. Free. For more information, call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

CAM 101: Introduction to Complementary and Alternative Medicine with Dr. Malcolm Sickels • An overview of the different healing modalities used including and beyond standard medicine. We will discuss the background of different modalities and give structure to the plethora of different approaches to health. Free. Call 332-9936; www.drsickels.com.
Sept. 1, 7 p.m. at Dr. Sickels' office
Sept. 8, 7 p.m. at Crazy Wisdom Community Room
Sept. 15, 7 p.m. at Whole Foods Market

CAM 211: Memory with Dr. Malcolm Sickels • How to preserve your memory and maximize your memory potential, from preventing Alzheimer's to doing better on tests. Discussion will include longterm prevention strategies, tricks to enhance your memory today and supplements to make the most of the memory you have. Free. Call 332-9936; www.drsickels.com.
Oct. 6, 7 p.m. at Dr. Sickels' office
Oct. 13, 7 p.m. at Whole Foods Market
Oct. 20, 7 p.m. at Crazy Wisdom Community Room

CAM 212: Mood with Dr. Malcolm Sickels • Mood is getting more respect as something to pay attention to and treat. We will discuss ways to address depression, anxiety, bipolar disorder, OCD and other variations. Medications, as well as supplements and other alternatives, will all be discussed. Free. Call 332-9936; www.drsickels.com.
Dec. 1, 7 p.m. at Dr. Sickels' office
Dec. 8, 7 p.m. at Crazy Wisdom Community Room
Dec. 15, 7 p.m. at Whole Foods Market

Homeopathy

The Homeopathic Kit: What It Is and How To Use It with Mary Tillinghast of Castle Remedies • The Homeopathic Kit is a practical class which covers choosing and using homeopathic remedies for home care. Although we will briefly touch on the history and theory behind homeopathic prescribing, our focus will be putting homeopathy into practice for ourselves and loved ones. We will cover using remedies for colds, coughs, sore throats, fever, minor infections, skin conditions, stomach problems as well as injuries. It is recommended that you have the Castle Remedies Home Care Kit or similar. The Homeopathic Kit Manual containing a materia medica will be provided. For dates, times and complete information, call 973-8990; castleremedies@earthlink.net.

Infant Massage

Infant Massage Classes with Audrey Simon • New classes begin monthly • Four-week class to learn the benefits and methods of interactive massage according to baby's individual needs. The purpose of this class is to enhance loving communication and bond between baby and caregiver. $90 includes handbook, bottle of oil and handouts. Call 741-9706; audreysimon@aol.com.

Intuitive Awareness & Psychic Development

Drop-In Intuitive/Psychic Readings with Molly Ann Indura in the Crazy Wisdom Tea Room • Saturdays, 10:30 a.m.-1:30 p.m. • $1 per minute. No appointment necessary. Call 417-8317; mollyannindura@hotmail.com.

Drop-In Intuitive/Psychic Readings with Diane Evans in the Crazy Wisdom Tea Room • Saturdays, 2-5 p.m. • Diane believes we all have the answers to the questions and concerns within us. Sometimes we just need a little help finding them. Diane's intention is to help you find the oracle that resides within you as she shares impressions, metaphors and messages to be utilized as tools for self-insight. $1 per minute. No appointment necessary. Call 327-9568; in-genius@comcast.net.

Drop-In Intuitive/Psychic Readings with Marcella Fox in the Crazy Wisdom Tea Room • Sundays, 2-5 p.m. • Marcella offers guidance and healing using a variety of techniques ranging from intuitive readings to Tarot and Mana Card readings. Readings may include channeling on special issues, Reiki, past life readings, chakra balancing and journeying. Marcella will not be available in the Tea Room for readings on Sept. 4, Sept. 25 or Oct. 9. $1 per minute. No appointment necessary. Call Marcella at 734-717-8513.

Manifesting your Destiny for the New Year with Marcella Fox, in the Crazy Wisdom Community Room. December 10, 1 to 4 PM; for more info, call Marcella at 734-717-8513.

Free Workshop with Shala Kilmer • Sept. 10, 2-4:30 p.m. • Shala teaches people to use their own psychic abilities. Results can be seen immediately. Free. Call 248-258-8287; shalakilmer@comcast.net or www.intuitionpath.com.

Intuition: The Owner's Manual with Shala Kilmer • Eight weeks starting Monday, Oct. 10, 6:30-9:30 p.m. • Learn to use your own psychic abilities. Results are immediate. Many techniques taught. Limited to 12 participants. $345 includes book. Call 248-258-8287; shalakilmer@comcast.net or www.intuitionpath.com.

Foundations in Psychic Development I: Boundaries and Flow with John Friedlander • Sept. 10-11; Saturday 9 a.m.-6 p.m., Sunday 9 a.m.-3 p.m. • Learning how to be aware of, and how to transform our aura, transforms our love and life experiences. In this seminar, every exercise furthers the development of at least one of the two basic abilities: finding one's own psychic energy (one's own authentic impulses) and clearing blocks to progress. Students learn how to ground and run energy, clear blocks, how to find, clear, and repair chakras and how to explore deeply the entire volume and frequency range of the aura (called layers of the aura). $190. For dates, call Stephen at 945-9100 or Rose at 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development II: Space, Seniority, Neutrality and Spiritual Fuel with John Friedlander • Oct. 8-9; Saturday 9 a.m.-6 p.m., Sunday 9 a.m.-3 p.m. • In this two-day workshop, we will develop a deep understanding of how we use our own aura space to create our reality. We begin with psychic explorations that familiarize us with our space, and how we subdivide it through resistance to others. We can then learn to create our aura space through awareness rather than resistance. In this resulting neutrality, we become able to create our reality less and less through resistance to another, and more and more from own spiritual fuel. $190. For dates, call Stephen at 945-9100 or Rose at 998-0340; rose_m_48105@yahoo.com.

Foundations in Psychic Development III: Seeing Auras with John Friedlander • Dec. 3-4; Saturday 9 a.m.-6 p.m., Sunday 9 a.m.-3 p.m. • In this two-day seminar, we will explore the psychic anatomy of clairvoyance (seeing auras), how to activate and empower this perception and several ways to use this ability in making decisions, in healing oneself and others and in deepening one's understanding of oneself and others. We will then move to actually doing comprehensive, systematic psychic readings in partnership with fellow students. Participants usually find they can easily increase their ability to perceive genuinely useful aura energies in just this one weekend, and that they are well started on an adventure of a lifetime. $190. For dates, call Stephen at 945-9100 or Rose at 998-0340; rose_m_48105@yahoo.com.

undations in Psychic Development IV: Channeling with John Friedlander • Weekend dates be determined, Saturday 9 a.m.-6 p.m., Sunday 9 a.m.-3 p.m. • Learn the clairvoyant echanics of skillful channeling and how to prepare your space for channeling by running an ever earer white light while still owning and governing who and what occupies your space. This quires clearing psychic agreements, karma and thought forms that distort ordinary awareness and anneling. $190. For dates, call Stephen at 945-9100 or Rose at 998-0340; se_m_48105@yahoo.com.

ituitive Awareness 1: Awareness and Intuitive Self Healing with Ray O. Golden of Center for ituitive Health • Sept. 17-18, 10 a.m.-5 p.m. • Learn simple and powerful techniques to begin to erceive, ground and heal your psychic and emotional space, aura and chakras. These tools allow ou to do personal healing while developing your intuitive perception. Learn to clear others' nergies out of your field, which can be particularly valuable when you are dealing with negative or aining energies in work and personal life. You also learn to communicate with both your own and thers' (people and animals) God-of-the-Heart (Higher Self), and to do readings from that level. lso Preparation for Animal Communication. $179 with early payment and multiple discounts ffered. Call 663-9724; intuitivehealth@aol.com.

ntuitive Awareness 2: Deepening Awareness and Skills with Ray O. Golden of Center for ntuitive Health • Oct. 29-30, 10 a.m.-5 p.m. • Continue to develop your intuitive perception, do ersonal healing and learn to recognize and heal layers and boundaries of the aura and out of body hakras. Connect with one of your healing guides to communicate and do healings. $189 with early ayment discount offered. Call 663-9724; intuitivehealth@aol.com.

ntuitive Awareness 3: Putting It All Together with Ray O. Golden of Center for Intuitive lealth • Date and times to be announced, Saturday and Sunday, 10 a.m.-5 p.m. • Read auras nd do professional quality clairvoyant readings. Learn to communicate directly with guides. rerequisite Intuitive Awareness 1 and 2. $199 with early payment discount offered. Call 663-9724; ntuitivehealth@aol.com.

Jain Teachings

Veekend with Gurudev Shri Chitrabhanuji through Lighthouse Center • Sept. 23-25 • Gurudevji will again share the 5,000 year old Jain teachings of Ahimsa (nonviolence), reverence for ll life and Anekantavada (relativity of thinking) in daily lectures. He is also available for private onsultations. There will be meditation, chanting and group photos. $10-$30 donation for each talk. Open house Friday, Sept. 23 at no charge. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Judaism

irst Century Mystical Practices with Steven McAfee at Cottage Retreat Center • Sept. 10, :30 a.m.-3 p.m. • An introduction to basic teachings from the Kabbalah (Jewish mystical writings) s the framework on which first century Jewish mystics, including Jesus, built their meditation and rayer practices. Opportunity to experience some Kabbalistic prayers and chants. $50 includes unch. Call Nancy Angelo, Director of Cottage Retreat Center, at 517-796-5670; ottageretreat@sbcglobal.net.

Kids & Young Adults

torytelling Saturdays at Nicola's Little Professor Bookshop • Every Saturday, 11 a.m. • Local torytellers come to tell wonderful stories for children. No cost. For information on presenters, call 62-4110.

Storytime at Borders-Downtown • Saturdays at Noon • Take time for a great story every Saturday. Geared toward children of all ages. No cost. Call 668-7652.

Storytime at Borders-Arborland • Wednesdays and Fridays, 11 a.m. • This event is geared toward children ages 5 and younger. No cost. Call 677-6948.

Storytime at Barnes & Noble • Ages 2–5: Thursdays, 11 a.m.; Ages 5–8: Wednesdays, 7:30 p.m. • Come to hear children's stories each week. No cost. Call 973-0846.

heART Class with Ruthie Basham • Tuesdays, Nov. 11-Nov. 22, 4:30-6 p.m. • For complete description, please see listing under Art & Craft. Call 417-3202; mandala@ruthiebasham.com.

Fall Classes at Ann Arbor Art Center • Classes begin Sept. 26 • For complete description, please see listing under Art & Craft. Call 994-8004 ext. 101; info@annarborartcenter.org.

Introduction to Healing Touch for Teens with Barb McConnell • Sept. 24, 2-5 p.m. • For complete description, please see listing under Energy Work. Call 517-522-4790.

Young Children's Yoga with Sondra O'Donnell • Mondays and Thursdays, 10-10:45 a.m. • For complete description, please see listing under Yoga. Call 929-0274; sondra@sun-moon-yoga.com.

Yoga Together with Sondra O'Donnell • Fridays, 9-9:45 a.m. or 9:45-10:45 a.m. • For complete description, please see listing under Yoga. Call 929-0274; sondra@sun-moon-yoga.com.

Rattle Making with Cori Rose Benitez • Oct. 22, 2-6 p.m. and Oct. 23, 10 a.m.-2 p.m. • For complete description, please see listing under Art & Craft. Call 355-6291.

Chakra Meditation with Ema Stefanova • Sept. 18, 1:30-4:30 p.m.; Nov. 13, 1:30-4:30 p.m. or Nov. 15, 7-9:30 p.m. • For complete description, please see listing under Chakras. Call 665-7801; emastefanova@cs.com.

Yoga and Meditation for Teens with Ema Stefanova • Saturdays, 1:30-2:30 p.m. • For complete description, please see listing under Yoga. Call 665-7801; emastefanova@cs.com.

Yoga for Kids ages 4-6 and Their Parents with Ema Stefanova • Saturdays, 12:15-1:15 p.m. • For complete description, please see listing under Yoga. Call 665-7801; emastefanova@cs.com.

Peter Rabbit through Wild Swan Theater • Oct. 13, 10:30 a.m.; Oct. 14, 10:30 a.m. and 1 p.m. • For complete description, please see listing under Theater. Call 995-0530.

A Thousand Cranes through Wild Swan Theater • Nov 3, 10 a.m. and 12:30 p.m.; Nov. 4, 10 a.m. and 12:30 p.m.; Nov. 5, 2 p.m. • For complete description, please see listing under Theater. Call 995-0530.

Musicians of the Sun through Wild Swan Theater • Dec. 7-9, 10 a.m. and 12:30 p.m.; Dec. 10-11, 2 p.m. • For complete description, please see listing under Theater. Call 995-0530.

Stress Buster Workshop for Teens with Wasentha Young • Nov. 20, 1:30-3:30 p.m. • For complete description, please see listing under Tai Chi. Call 741-0695; www.peacefuldragonschool.com.

The Labyrinth

The Divine Feminine Art Exhibit and Labyrinth Walk for Peace through the Parish Church of Christ the King at the Cathedral of Christ the King in Kalamazoo • Sept. 11; Opening reception 2-5 p.m., Labyrinth walk 1-6 p.m. • The art exhibit will continue to be open through Sept. 30. No cost. Open to the community. Call Linda Adamcz at 269-2988; lkadamcz@juno.com.

Labyrinth Walk through Visitation • First Fridays of each month, 9 a.m.-5 p.m. • The labyrinth, representing the spiritual journey, is found in many religious traditions. In walking the labyrinth, one literally and mindfully travels a winding path which unfailingly leads to the center place and then back outward. Feel free to come at any time during your day to take as long as you wish. No cost. Call 734-242-5520; visitation@ihmsisters.org.

Love & Relationships

Marriage Preparation: Planning the Wedding – The First Phase of Marriage with Mary Stevens and Diane McCarthy • Oct. 5 or Nov. 30, 7-9 p.m. • Whether simple or elaborate, planning your wedding taps into many of the issues of the early years of a marriage: decision making, budgeting, delegating tasks, negotiating with families. This workshop helps couples identify concerns and begin to develop partnership tools that will take them beyond the wedding day into the early stages of marriage. $45 per couple. Call 794-9989; www.lifecycles.biz.

Marriage Preparation: Communication and Conflict Management with Mary Stevens and Diane McCarthy • Oct. 19, 7-9 p.m. • "He Said, She Said, You Want, I Don't..." How to effectively express yourself AND fully attend to your partner in times of calm and in times of disagreement. Learn the basic tools of communicating your thoughts, feelings, needs and wants to the most important person in your life – your partner. For engaged, committed or recently wed couples. $45 per couple. Call 794-9989; www.lifecycles.biz.

Marriage Preparation: Sexual and Emotional Intimacy with Mary Stevens and Diane McCarthy • Nov. 2, 7-9 p.m. • How do we create an environment that nurtures intimacy in our everyday lives? How do we learn to communicate our sexual and emotional needs in a manner most likely to get them met? This workshop helps couples develop the building blocks for intimacy. For engaged, committed or recently wed couples. $45 per couple. Call 794-9989; www.lifecycles.biz.

Marriage Preparation: For Richer, For Poorer – Joining Your Finances with Susan Franke • Nov. 16, 7-9 p.m. • Differences about money are a major cause of relationship conflict. This workshop helps you and your partner understand your relationships to money and its covert meanings. Concrete steps toward building a solid financial future together are outlined, with guidelines developed to help you resolve financial conflicts. For engaged, committed or recently wed couples. $45 per couple. Call 794-9989; www.lifecycles.biz.

Our Families, Our Holidays, Ourselves with Mary Stevens and Diane McCarthy • Dec. 7, 7-9 p.m. • This workshop will help you negotiate multiple family expectations while designing a holiday season that is joyous and meaningful for you. $25. Call 794-9989; www.lifecycles.biz.

A Transforming Workshop to Enlighten and Lighten Your Relationships with Dr. Carl Benes through Cottage Retreat Center • Sept. 20, 27, Oct. 4, 11, 18; 7-8:30 p.m. • Explore how relationships can be transformed through productive ways of communication, taking responsibility for your own reactions, discovering root causes of conflict, understanding roles played in family or group structures, letting go of your own agenda and incorporating healthy humor in relationship tensions. $25 per evening or $95 for the series. Call Nancy Angelo at 517-796-5670; cottageretreat@sbcglobal.net.

Relationship 101: Improving Your Relationship with Brady Mikusko • Oct. 5, 7-9 p.m. • Most people think that when the find "the one" they can concentrate on the rest of their life: setting up a home, education, family, job, etc. They focus much of their attention on these details of their life and their relationship takes a back seat. This workshop aims to help participants move their relationship to center stage. It provides participants with concrete ways and skills to improve their relationship, through a combination of teaching and exercises in a small group setting. $40 per person or $75 per couple. Call 747-8240; bradymikusko@ameritech.net.

Conflict Resolution for Couples with Brady Mikusko • Nov. 16, 7-9 p.m. • Most people hate conflict. Many people avoid conflict. This is a very practical workshop to help you deal with conflict more constructively in your relationship. This workshop will help you see conflict in a different light and provide you with very concrete skills to help you communicate more effectively with each other. $40 per person or $75 per couple. Call 747-8240; bradymikusko@ameritech.net.

Love and Energy Workshop with Brady Mikusko • Sept. 26, 7-9 p.m. • This workshop will introduce a relatively new concept to relationships: how each person's energy significantly impacts the way one communicates, the way one fights and the way one receives and gives love. Based on the work of Donna Eden and David Feinstein, it will be a fun, hands-on class. $75 per couple. Call 747-8240; bradymikusko@ameritech.net.

Creating a Conscious Relationship: Intro to Imago Relationship Therapy with Carole Kirby • Sept. 11, 2-4:30 p.m. at Crazy Wisdom Community Room • The Imago approach teaches people a new way to share, listen and understand each other's thoughts and feelings. It helps you discover what's beneath your longstanding issues and what you can do differently. With new insights and practice, you can change your reactive, ineffectual behaviors into a force for compassion, healing and growth. Carole will demonstrate an approach to talking and listening that helps people really hear and understand each other, possibly like never before. Free. Call 424-2797; www.therapy4couples.com or carole777@aol.com.

The Crazy Wisdom Calendar

Love & Relationships (continued)

Opening Doors to Love: A Weekend Workshop for Individuals with Carole Kirby • Sept. 24-25 • This is an intensive, experiential workshop for individuals interested in self-discovery and desiring to learn how to create and keep a healthy, happy primary love relationship. The workshop will provide you with a chance to wake up your heart and take down your walls. It is for singles and individuals in relationship who are ready to do some individual work. Based on *Keeping the Love You Find* by Dr. Harville Hendrix, founder of Imago relationship therapy. Everyone welcome regardless of gender preference. For cost and times, call 424-2797; www.therapy4couples.com or carole777@aol.com.

A New Way to Love: A Weekend Workshop for Couples with Carole Kirby • Oct. 21-23 in Ann Arbor or Nov. 18-20 in Grand Rapids • Give your relationship a gift this fall. Whether you've been together six months, 5, 10 or 30 years, this weekend will offer you new tools and understanding that can help you co-create a closer, stronger coupleship. See above descriptions. All kinds of couples welcome. For cost and times, call 424-2797; www.therapy4couples.com or carole777@aol.com.

Discover What Says "I Love You" to Your Partner with Carole Kirby • Dec. 3, 4-7 p.m. at Crazy Wisdom Community Room • Learn to express love in your partner's primary love language. Inside every hurting couple exists an invisible "emotional love tank" and the gauge is probably on empty or near empty. When a couple's love tanks are full, they will be able to create an emotional climate where it is possible to discuss differences, resolve conflicts and truly enjoy each other. Information based on *The Five Love Languages: How to Express Heartfelt Commitment to Your Mate* by Gary Chapman. All kinds of couples welcome. Free. Call 424-2797; www.therapy4couples.com or carole777@aol.com.

Attracting Genuine Love with Diane Byrne • Sept. 9, 30, Oct. 21 or Nov. 11 at Crazy Wisdom Community Room; 7-8:30 p.m. • Are you interested in attracting a conscious, loving relationship? Whether you are single, divorced or in a relationship, this single session looks at the key moves to create a vibrant, loving relationship. We will explore shifting from old patterns and beliefs that result in the same relationship mistake over and over to conscious, self-loving thoughts and commitments that attract loving, committed relationships. You will learn reliable tools to identify and attract qualities that you want in a relationship and clarify those that you do not. This work is based on *Attracting Genuine Love* by Kathlyn and Gay Hendricks. $20 or $15 prepaid. Call 395-9130; diane@vibrantlives.us.

Massage

Drop-In Massage at Crazy Wisdom Tea Room with Michael Bratcher • Saturdays, 2-5 p.m. • Come in to Crazy Wisdom at the end of your week and get a massage! $1 a minute. No appointment needed. Call 665-2757.

Massage Therapy Apprenticeship with Mary Light through Gaia Center • The Massage Therapy Apprenticeship is a one-on-one training with practice on various people from our client base. It is an option for those who do not wish to pursue institutional options. It offers flexible scheduling and superior training at a cost significantly less than many institutional fees. You may speak with current apprentices about their experience as well as sit in on training. For more information, call 769-7794.

800-Clock Hour Massage Therapy Program at the Ann Arbor Institute of Massage Therapy • Classes begin Sept. 1 • AAIMT is dedicated to assist each student in achieving excellence in therapeutic skills, personal awareness and the sensitivity needed for a successful and rewarding career in massage therapy. The program includes Anatomy and Physiology, Myofascial Therapy, Neuromuscular Therapy, Sports Massage, Shiatsu Seated Massage and various components and related approaches to therapeutic massage. $75 application fee. For other fees and more information, call 677-4430 ext. 25; fax 677-4520; info@aaimt.edu.

Myofascial Therapy III with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Sept. 9-11, 8:30 a.m.-5 p.m. • Myofascial Therapy is an effective form of Deep Tissue Massage which addresses postural distortions and chronic myofascial patterns of strain. In this class, we will learn to help correct postural dysfunction due to muscular imbalances in the extremities. $350 ($235 AAIMT graduate). 21 CE credits. Call 677-4430 ext. 25; fax 677-4520; info@aaimt.edu.

Working with Hara with Caryolyn Lippens at the Ann Arbor Institute of Massage Therapy • Sept. 16, 23, 30, Oct. 7, 14; 6-9 p.m. • In this series of five sessions, the student will receive an introduction to the five-element theory along with instruction on working with opening the hara along with the ability to perform openings of the various visceral organs that correspond to the five elements. No prior massage experience necessary. $250 ($210 AAIMT graduate). 15 CE credits. Call 677-4430 ext. 25; fax 677-4520; info@aaimt.edu.

Sports Massage I: Event Level with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Sept. 24-25, 8:30 a.m.-5 p.m. • The student will learn to work with an athlete in relation to the event the athlete participates in. They will practice both pre- and post-event massage. This is to assist the athlete to "warm up" prior to the event and to "warm down" while encouraging circulation after the even. $250 ($170 AAIMT graduate). 15 CE credits. Call 677-4430 ext. 25; fax 677-4520; info@aaimt.edu.

Sports Massage II: Injury Prevention and Correction with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Oct. 28-30, 8:30 a.m.-5 p.m. • The student will learn about certain common sports injuries, how to treat them and how to help an athlete prevent them. Basic orthopedic assessment techniques are also taught. $350 ($235 AAIMT graduate). 21 CE credits. Call 677-4430 ext. 25; fax 677-4520; info@aaimt.edu.

Seated Massage with Christia West at the Ann Arbor Institute of Massage Therapy • Oct. 1, 8:30 a.m.-5 p.m. • The Seated Massage course concentrates on teaching the participant a therapeutic routine that can be adapted to different situations. Use of body mechanics to produce maximum results with minimum effort is taught. No prior massage experience necessary. $150 ($100 AAIMT graduate). 7 CE credits. Call 677-4430 ext. 25; fax 677-4520; info@aaimt.edu.

Neuromuscular Therapy IV with Jocelyn Granger at the Ann Arbor Institute of Massage Therapy • Oct. 8-9, 8:30 a.m.-5 p.m. • Students must have already attended NMT I, II and III. Learn more about the treatment of TMJ Dysfunction and additional positions for many of the techniques previously learned. Also taught is pelvic stabilization and self-care. This workshop is entirely hands-on. $250 ($200 AAIMT graduate). 14 CE credits. Call 677-4430 ext. 25; fax 677-4520; info@aaimt.edu.

Reflexology with Prema Lindsay Smith at the Ann Arbor Institute of Massage Therapy • Oct. 22-23, 8:30 a.m.-5 p.m. • This is a holistic approach to an ancient and scientific form of treating the whole body through the reflexes of the feet. The history dating from 3000 BC to current, international research, as well as its clinical significance will be explored. The basis for treatment evolves from the harmful effects of stress on the body's systems. No prior massage experience necessary. $250 ($170 AAIMT graduate). 14 CE credits. Call 677-4430 ext. 25; fax 677-4520; info@aaimt.edu.

Pathology with Prema Lindsay Smith and Amber Riddle-Scampton at the Ann Arbor Institute of Massage Therapy • Nov. 12, 8:30 a.m.-5 p.m. • Massage therapists are ethically responsible for recognizing clients' deviations from the ideal health and knowing if massage is indicated or contraindicated. Our purpose is to help the beginning massage student form a knowledge base upon which they can build as they begin to practice. $150 ($100 AAIMT graduate). 7 CE credits. Call 677-4430 ext. 25; fax 677-4520; info@aaimt.edu.

Belavi Facelift Massage Seminar with Nina Howard • Nov. 12-14, 9:30 a.m.-5:30 p.m. • CEU opportunity for massage therapists and healing arts professionals. Expand your business and turn your treatment room into a spa with this holistic, pampering treatment. 24 CEUs. $835. Call Patricia McAninch at 800-235-2844 or 747-7661; info@belavi.com.

Belavi Facelift Massage Teachers Training with Nina Howard • Nov. 10-14, 9:30 a.m.-5:30 p.m. • For graduates of Belavi Facelift Massage seminars or homestudy. An opportunity to expand your career by becoming a Certified Facelift Massage Teacher. $3,000. Call Patricia McAninch at 800-235-2844 or 747-7661; info@belavi.com.

Meditation

Monday Midday Meditation with Belle McEntee at Crazy Wisdom Community Room • Ongoing Mondays, 12:15 p.m. • Explorations of various styles of meditation, emphasizing breath, mindfulness and discussion. $5. Call 786-8265; smartbodies@comcast.net.

Shambhala Meditation Group with Mark Froelich • Sept. 7, Oct. 12, Nov. 10; 7:30-9 p.m. at Crazy Wisdom Community Room • Shambhala is suited for both beginning and experienced meditators. Although there will be a progression to the classes, with new material presented, all classes are open to newcomers. The class begins with meditation, instruction, a brief period of guided meditation, ending with a talk and discussion. The simple and profound meditation technique of mindfulness and awareness is presented with teachings that are nonsectarian, and draw on a wide variety of contemplative traditions, including Bon, Taoism and Tibetan Buddhism. Free with donations accepted to defray costs. Contact froelich@aol.com.

Quan Yin Meditation with Supreme Master Ching Hai International Association • Sept. 10, 2:30-5 p.m. at Crazy Wisdom Community Room • Free public video seminar followed by question and answer period hosted by a representative of The Supreme Master Ching Hai International Association. Afterward, you will have the opportunity to learn the simplified form of this ancient meditation technique. Free. Call Martin White at 327-9114.

Meditation Foundation Class through Self Realization Meditation Healing Centre in Bath • Oct. 4, Nov. 16 or Dec. 12, 7:30 p.m. • This simple practice can help conquer stress and emotional reactions, improve concentration, balance blood pressure, reduce the risk of headaches, relieve pain and tension and promote peace, serenity and health. $20. Call 517-641-6201; SRMHCmichigan@cs.com.

Silent Retreat through Self Realization Meditation Healing Centre in Bath • Oct. 7-9 • Imbibe the peace and quiet of the Centre's spiritual environment. Retreats offer plenty of time for meditation, reading, walking and relaxing. Delicious simple vegetarian food is provided. $109 includes all meals and lodging. Call 517-641-6201; SRMHCmichigan@cs.com.

Introduction to Meditation with Kapila Castoldi • Three series offered: Sept. 12, 19, 26, Oct. 3; or Oct. 5, 12, 19, 26; or Nov. 14, 21, 28, Dec. 5; 7:30-9 p.m. • Four-week introductory series that explores various techniques for entering the meditative state, including exercises in concentration, breathing, chanting and visualization. The class will also touch on basic concepts of the Indian philosophy and the role of the spiritual teacher. Free. Call 994-7114.

Introduction to Meditation with Marcy Keefe-Slager, Troy Shaw and Janene Ternes through Cottage Retreat Center • Oct. 28, 6:30-8:30 p.m. and Oct. 29, 9:30 a.m.-3:30 p.m. • Three types of meditation will be presented and experienced: Lectio Divina or sacred contemplative reading, Seed Thought meditation to pierce the veil or protective barrier between lower mind and higher mind, and Meditation in Motion that puts body movement into meditation. $70 includes lunch and refreshments. Call Nancy Angelo at 517-796-5670; cottageretreat@sbcglobal.net.

Experience Meditation with Susan Morales • Sept. 28, Oct. 30, Nov. 30; 7-9 p.m. • Meditation is a natural state that everyone can experience. Its benefits reach all aspects of life – health, relationships, creativity and a sense of purpose. A variety of techniques will be introduced that can fit into your life style. $25 per workshop or $60 for the series. Call 669-0500; bodiesinbalance211@yahoo.com.

Introductory Meditation Lecture with Nirmala Nancy Hanke through Lighthouse Center • Sept. 30, Oct. 28, Nov. 25; 7-10 p.m. • An introduction to mantra meditation in the Jain tradition with lecture, meditation and empowerment. $35 or $10 to repeat. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Intensive Meditation through Lighthouse Center • First and third Fridays of each month, 7:30-10:15 p.m. • Mantra meditation, 20 minutes on each of the seven chakra centers. Meditators are welcome to stay as long as you'd like. No cost; love offering. Call Prachi at 734-449-4381, thielp17@yahoo.com.

Wednesday Group Meditation through Lighthouse Center • Every Wednesday, 7:30-8:30 p.m. • All are welcome for a midweek meditation. No cost; love offering. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Sunday Candle Light Meditation and Healing through Lighthouse Center • Every Sunday, 6-7:15 p.m. • Begin the new week by renewing your spirit with chanting, meditation and a healing circle. Reiki healing available as well. No cost; love offering. Call Prachi at 734-449-4381; thielp17@yahoo.com.

Meditation and Stress Release with Ema Stefanova • Sundays, 6:40-7:40 p.m. and Wednesdays, 7:10-8:10 p.m. • This class is for all interested ages 14 and up to experience and learn deep relaxation and meditation. From the ancient tradition of tantra came the systematic method for complete physical, mental and emotional relaxation (yoga nidra) and the inner silence meditation (antar mouna). During yoga nidra, one appears to be asleep, but the consciousness is functioning at a deeper level. For cost, call 665-7801; emastefanova@cs.com.

Spiritual Inquiry Program with Barbara Brodsky and Aaron (channelled) through Deep Spring Center • Wednesdays, 7:30-9:30 p.m.; Sept. 21, Oct. 5, 19, Nov. 2, 16, 30, Dec. 14 • An ongoing program of spiritual inquire. We will focus on the balance of the relative experience of the human and the deeper experience of ourselves as spirit, as well as explore questions that grow out of the interests of the class. Our work will be more practical than conceptual. Students new to Insight Meditation must take an introductory class or receive formal basic instruction. $49 building fee with an opportunity to offer a donation to the teacher. Call 477-5848; www.deepspring.org.

> True universality does not consist in knowing much but in loving much.
>
> - Jakob Burckhardt

A Day of Meditation and Silence with Barbara Brodsky and Deep Spring Center Teachers • Sept. 17, 9 a.m.-4:30 p.m. at Michigan Friends Center • Join us for a day in a woodland sanctuary on the lake at Michigan Friends Center in Chelsea. This meditation day is appropriate for beginners and those with Vipassana (Insight Meditation) experience. Instruction in sitting and walking meditation will be provided, and there will be time for questions. Experienced practitioners may choose the quiet room some of the day and will have separate instruction. Bring a bag lunch, and your swimsuit. $30. This day is a fundraiser for the Michigan Friends Center and Deep Spring Center. All proceeds above expenses will benefit these two nonprofit organizations. Donations will be accepted by the teachers. Call 477-5848; www.deepspring.org.

Talks on Meditation and Practice with Barbara Brodsky through Deep Spring Center • Sept. 19, Oct. 17, Nov. 21, Dec. 19; 7:30-9:30 p.m. • A series of talks on the dharma and bringing our meditation experiences into the whole of our lives. A special focus will be living and loving kindness in this chaotic world. Talks followed by question and answer period, and discussion. Come to one or all. No experience necessary. Offered on a donation basis. Call 477-5848; www.deepspring.org.

Insight Meditation: Deepening in Practice and Experiencing the Dharma with Dianne Austin, Cassie Cammann and David Lawson through Deep Spring Center • Sept. 8, 22, Oct. 13, 27, Nov. 10, 17, Dec. 8, 22, Jan. 12, 26; 7:15-9:15 p.m. • The emphasis will be on strengthening our formal Vipassana (Insight Meditation) practice and relating our experiences to the Four Noble Truths and the Three Marks of Existence: unsatisfactoriness, interbeing and impermanence. Other materials and support practices for bringing mindfulness and joy into everyday life will be presented. For continuing students who have had at least one six-week course in Vipassana. $70 building fee with an opportunity to offer a donation to the teachers. Call 477-5848; www.deepspring.org.

Insight Meditation for Beginners or Continuing Students with Ann Barden and Jim Whiteside of Deep Spring Center • Wednesdays, Sept. 21-Oct. 26 through Ann Arbor Education/Adult Enrichment Program • This class is designed for both the beginning meditation and for those meditators wishing to enrich their practice. Vipassana is an ancient teaching of moment-to-moment choiceless awareness. Although the techniques come from the Buddhist tradition, this course has no religious content and is suitable for persons of any religious background. As one studies and practices these simple techniques on the cushion, daily life becomes easier and less stressful. $49 ($59 outside Ann Arbor school district). Class size is limited. Call Deep Spring Center at 477-5848; www.deepspring.org.

Insight Meditation with Carol Blotter through Deep Spring Center • Wednesdays, Sept. 21-Oct. 26; 7:30-9 p.m. through Chelsea Community Education • Meditation teaches us to see life as a constantly changing process, and we begin to accept all aspects of life with less stress and increasing balance and harmony. Meditation practice is suitable for those of any religion. Those who practice it are more peaceful, productive and find greater contentment in their lives. This class is appropriate for both beginning and continuing students. $44. Class size is limited. Call 477-5848; www.deepspring.org.

Sunday Morning Group Meditation with Susan Weir and other Deep Spring Center Teachers • Every Sunday, 9:30-11 a.m. • Sunday morning sitting (insight meditation) for one hour, followed by a half-hour of mindful sharing. No registration needed. Donations gratefully accepted. Call DSC at 477-4858; info@deepspring.org.

Vipassana Meditation Retreat: Bringing the Open Heart into Our Practice with Barbara Brodsky, John Orr and Aaron with Deep Spring Center • Oct. 28-30 at Howell Nature Center • The focus of this retreat will be to bring the open heart into our practice, both on and off the meditation cushion. There will be small group instruction for each level. Beginners are welcome. $220 for residential or $95 for commuters with optional donations to the teachers. Early registration discount offered. Open to 20 residential students and 6-10 commuters. Call DSC at 477-5848 or Pat Shalis at 996-3743; info@deepspring.org.

For Beginners: Introduction to Vipassana Meditation - A Half-Day Workshop with Carol Blotter of Deep Spring Center • Nov. 12, 9 a.m.-Noon • An introduction to insight meditation. No experience necessary. This program provides an excellent opportunity to find out what Vipassana is all about and experience the practice firsthand. The workshop is also recommended for meditators who would like a refresher in practice fundamentals. Wear comfortable clothes. Meditation cushions and chairs provided. $20. Call DSC at 477-5848; info@deepspring.org.

Menopause

Women in Transition with Monica Myklebust, Sara Warber, Leslie Shimp and Nancy Parker • Oct. 15, 9:30 a.m.-2:30 p.m. • Have you ever wondered how to optimize your health before, during and after menopause? We have ideas for you with nutritional guidance, hormone replacement therapy options and integrative approaches to menopause. $100. 4.2 contact hours for nurses. Call Laura Baker at 998-6649; ljbaker@med.umich.edu.

Men's Work

Men's Issues Therapy Group with Cam Vozar • Wednesdays starting Sept. 14, 7-8:30 p.m. • An ongoing therapy group supporting men to change their lifestyles and relationships, promoting recovery from addictions, depression, anxiety, isolation and divorce. $40 per session with some insurance accepted. Call 747-9073; cam.vozar@gmail.com.

Mid-Life

Rite of Passage: The Soul's Call at Mid-Life with Jill Blixt • 10 Mondays beginning Sept. 26, 6:30-9:30 p.m. • Rather than a time of crisis, mid-life can be a powerful call from our soul to celebrate our authentic self, claim our gifts and honor our dreams. Through writing, image-making and sharing, we will retreat to weave together the threads of our personal journey, harvest the gifts from our past, create a sacred space to let go of the "if onlies..." and map our dreams for the future. Come reflect, renew and initiate your rite of passage into this powerful time of life. $30 per week includes dinner and materials. Call 665-457; jillblixt@aol.com.

Movement & Dance

Middle Eastern Dance Class with Trish Pellerito through Schoolcraft College • Thursdays, 7-8:30 p.m. starting mid-September • Fundamentals of Middle Eastern dance, music and folklore. $61-75 for eight weeks, depending on age and residency. Contact benten@riceopera.us.

Dances of Universal Peace with Sylvia and John Middlebrooks • First Friday of each month, 7-9 p.m. at Friends Meeting House • All are invited to join this circle of prayer in motion. The words may be in Arabic, Sanskrit, Hebrew, Aramaic or English, but the message is one of love, harmony, beauty, peace and unity. The dances help us touch the spiritual essence within ourselves and each other. The movements are simple. All is taught. No experience needed. $5 optional donation. Call 996-1332; smidd@comcast.net.

Ann Arbor Authentic Movement Group • Bi-monthly on Wednesday evenings • The A2AMG is a peer group, meeting to explore Authentic Movement in community. Authentic Movement is self-directed movement done with a witness. We approach authentic Movement as personal process, psychological narrative, creative resource, contemplative practice and divine play. We love moving together! Occasionally, we open the group to new members following an orientation, and invite those people who seek awareness of their embodied selves to join us. There is a nominal space rental fee. Call Robin Graubarth at 665-2345 or Peter Norlin at 734-878-2900; redrobinah@aol.com or pfnorlin@earthlink.net.

African Moves Dance Class with Dori Edwards and Julie Kouyate • Thursdays starting Sept. 15, 5:30-7 p.m. at Wild Swan • Explore fun, rhythmic West African dance in a positive and relaxed setting. Julie and Dori have been studying and performing this exciting, aerobic dance style for years. Accompanied by live drumming. $10 per class. Call Dori at 475-3158; www.likewaterdrumworks.com or lifewaterdrumworks@hotmail.com.

Dynamic Dancing with People Dancing • Sept. 8-10 at 8 p.m., Sept. 11 at 2 p.m. • Come see People Dancing with Christina Seers Etter and Amanda Stanger-Read of Arts in Motion, and special guest Lynn Neuman of Artichoke Dance Company, NYC, in "Dynamic Dancing". This is a People Dancing 20th Anniversary Concert at Riverside Arts Center in Ypsilanti. $15 or $12 in advance. Pay what you can preview Sept. 8. Call Christine Etter at 368-7573.

Partnering Skills Workshop with Lynn Neuman of Arts in Motion Dance Studio • Sept. 10, 1-3 p.m. • Join Lynn Neuman of NYC's Artichoke Dance Company in an exciting workshop to hone your partnership skills. Ages 12 and up invited to attend. $15 or $22 for workshop and one ticket to above performance. Call Amanda at 646-9417.

Music & Sound

CD Release Celebration and Community Sing with Chants for Peace Project • Sept. 24, 7:30 p.m. at Friends Meeting House • A celebration of the release of *Home to the River of Love*, a collection of simple, rhythmic chants by local singers and musicians, including Jeanne Mackey, Tom Voiles, Rhonda Bantsimba, Kathleen Moore, Don Allen, Mary Wilson and Helen Slomovits. Join many of the artists from the CD to learn the chants and sing in circle, accompanied by harp, pennywhistle, sitar, guitar and percussion. This is a fundraiser for Pathways Foundation for Peace and Healing. $10 at the door. Free for children under 12. For more information on this project, see paragraph in What's New in the Community column in this issue of the Crazy Wisdom Community Journal. Call 975-8791; mackeyj@umich.edu or geocities.com/jmackey50.

Gong Concert with Michael Bettine through Creative Spirit Center • Nov. 11, 7:30 p.m. • Michael will play between 50 to 100 gongs. He says that gongs are the musical equivalent of the Big Bang. They produce the OM sound and are very penetrating. $10. Call Suzanne Tarhay at 989-837-1885; creative@mindnet.org.

Special Concert of Music from Ecuador with Oscar Santillan, Laz of Gemini and Helen Slomovits through Creative Spirit Center • Oct. 22, 7:30 p.m. • According to Oscar Santillan's Kichwa tradition passed down for 500 years, there will come a time when the Condor (the South) and the Eagle (the North), the powers of the heart and mind, and the peoples of the North and South come together in balance and harmony. Come join us in this celebratory concert! $10. Call Suzanne Tarhay at 989-837-1885; creative@mindnet.org.

The Crazy Wisdom Calendar

Music & Sound (continued)

An Evening with Liam O Maonlai through Upland Hills Ecological Awareness Center • Sept. 24, 8 p.m. • Best known as the lead singer/pianist of the Celtic rock band, Hothouse Flowers, this solo performance brings forth the artist's deep Irish roots blended with a wide range of multicultural influences and musical genres. Liam has shared the stage with many renowned musicians worldwide, both Irish and other traditions, in numerous distinguished venues including the Kennedy Center in Washington, DC. "...the best while boy soul singer on the planet..." says Bono of U2. $20 in advance or $25 at the door. Call Chris Tarr at 248-693-1021; uheac@earthlink.net.

Rocking Chair Wisdom: Hymns My Grandmother Taught Me and Other Melodies of My Heart, with Mary Sellars Malloy. At the Inn at the Rustic Gate. For more info, call the Inn at 800-319-5867.

University Musical Society Performances • Ticket prices vary. For complete information, call 764-2538; www.ums.org.
Sept. 16-17 • Mark Morris Dance Group
Oct. 1 • An Evening with Sonny Rollins
Oct. 8 • Pat Metheny Trio
Oct. 13 • Renee Fleming in Richard Strauss' *Daphne*
Oct. 18, 21-22 • *Tall Horse* with Handspring Puppet Company and Sogolon Puppet Troupe
Oct. 29 • The King's Singers
Nov. 3-6 • Goldoni's Arlecchino, Servant of Two Masters
Nov. 5 • Youssou N'Dour's *Egypt* featuring Fathy Salama's Cairo Orchestra
Nov. 6 • Pianist Jean-Yves Thibaudet
Nov. 19 • Concertante: World of Large-scale Chamber Music
Dec. 3-4 • Handel's Messiah
Dec. 8 • Chicago Symphony Orchestra
Dec. 10 • Dianne Reeves: *Christmas Time Is Here*

Native American

Equinox and Solstice Sweat Lodges for Women with Cloudwalker • Sept. 22 and Dec. 21, 6:30 p.m. • Having challenges dwelling in your center of bliss? Come and experience our sacred transformational sweat. For more information, call 216-8404.

Sweat Lodge with Janet Nagy • Aug. 27, Sept. 24, Oct. 29, Nov. 26; 7 p.m. • Sweat lodge ceremony with a shared meal afterward. New people should arrive by 5 p.m. $20 land donation. Bring a dish to pass. Call 734-783-3830; mulberryfarms@comcast.net.

Finding Center: Connecting with the Medicine Wheel with Cori Rose Benitez • Nov. 13, Noon-6 p.m. • This gathering will focus on the Medicine Wheel as a map for sacred alignment. Through deepening our alignment with what supports and nourishes our lives, we find center – the feeling of renewal and connection to what matters most to each of us. The day will include creating a physical Medicine Wheel with stones outside, weather permitting. $30-50 sliding scale. Call 355-6291.

Sweat Lodge Ceremony with Debbie Mast of Flowering Tree Lodge • Sept. 15, Oct. 6, Nov. 17, Dec. 15; 7-10 p.m. • The sweat lodge ceremony reconnects us to Spirit as we purify physically and spiritually. Free. Call Joann at 586-749-7781; ftreelodge@aol.com or www.floweringtreelodge.net.

Wiracocha's Dreaming: The Mirror within Spirit and Matter • Sept. 22-25 at Camp Miniwanca, Shelby • Contribute to the bridging of contemporary anthropological knowledge with the ancestral earth-honoring wisdom and sacred ceremonial heraling arts of our traditional peoples. Bring your children and loved ones to experience the ineffable embrace between heaven and earth reflected in the deep and still waters of our soul consciousness. For complete details, call 919-419-0350; www.heartofthehealer.org.

Natural Building

Natural Building Experience with Deanne Bednar and Amber Baker through Upland Hills Ecological Awareness Center • Sept. 17, Nov. 6; 1-6 p.m. • Tour the enchanting and sculptural strawbale studio Natural Building Project in North Oakland County and take part in activities on site. Potluck and evening video viewing optional. $25. Call 248-628-1887; www.uheac.org/links.html or ecoartdb@aol.com.

Earth Sculpture and Natural Paints Workshop with Deanne Bednar through Upland Hills Ecological Awareness Center • Nov. 6, Earthen sculpture: 10 a.m.-Noon; Natural paints: 1-5 p.m. • Tour the enchanting and sculptural strawbale studio, a natural building project with a thatched roof, then learn about earthen mixes and natural paints. Take home your model and test board. $15 for Earthen sculpture, $25 for Natural paints or $30 for the whole day. Bring a dish for a potluck lunch. Call 248-628-1887; www.uheac.org/links.html or ecoartdb@aol.com.

Detroit Bioneers Conference with Presenter Deanne Bednar • Oct. 14-16 • See the strawbale studio Natural Building exhibit and presentation, as well as many others working toward regional sustainability. Live satellite presentations link this conference to national and global presenters. For cost and times, call 248-628-1887; www.bioneers.org.

Nature Awareness

Orienteering with Aegis Consulting • Sundays, Noon-3 p.m. • A class designed to teach the student to find their way and connect to the Michigan outdoors. Orientation Nov. 6. $60 per month. For more information, call 645-2265; management@aegisconsulting.org.

Pagan Spirituality

FOCAS: Federation of Circles and Solitaires Chat Night with FOCAS Board of Directors and Guest Speakers • Thursdays, 7:30-10 p.m. (except holidays) • Pagan chat night in Southgate with guest speakers, special topics and open chat, too! Must purchase one drink minimum from coffee shop. Call Oberon at 313-492-4680; oberon_osiris@hotmail.com.

Parenting

Conscious Parenting with Susan Major • Nov. 19 and Dec. 3, 10 a.m.-3 p.m. • In this two-day workshop, you will learn a simple step-by-step process of EFT (Emotional Freedom Technique) and how to apply it specifically for conscious parenting. You will learn how to identify and release unconscious blocks to your success as a parent. You will learn how to activate the law of attraction, use affirmations, prayer, imagery and energy exercises to help shift your energy. You will learn how to work energetically with your children in person or by proxy and at a distance. $200. Call 996-0702; samajor@comcast.net.

Heart-to-Heart Conversation for Mothers and Daughters on Puberty and Growing Up through Saint Joseph Mercy Hospital • Oct. 29, 9 a.m.-Noon in Canton or Nov. 6, 1-5 p.m. in Ann Arbor • Provides both mothers and daughters ages 9-12 with accurate information about the normal physical and emotional changes that pre-teen girls will experience as they enter puberty. $45 for mom and one daughter. $10 for each additional daughter or grandmother. Call 712-5400; www.sjmercyhealth.org.

Fathers and Sons: A Discussion on Becoming a Man! through Saint Joseph Mercy Hospital • Nov. 6, 1-5 p.m. in Ann Arbor • Provides both fathers and sons ages 9-12 with accurate information about the normal physical and emotional changes that pre-teen boys will experience as they enter puberty. $25 per pair. Call 712-3625; www.sjmercyhealth.org.

Boot Camp for Dads/Survival Skills for New Moms through Saint Joseph Mercy Hospital • Oct. 29 or Nov. 12, 9 a.m.-Noon • Mom and dad classes held simultaneously. Boot Camp for Dads is designed for first time fathers of all ages. You'll learn practical information on parenthood, baby care, becoming a family and supporting the new mom. Hands-on experience in holding and comforting a baby with the help of "veteran" dads who bring their babies to class. This class is an all-male class. $25. Call 712-3625; www.sjmercyhealth.org.

Mothering Arts Support Group with Merilynne Rush and Amanda Smith of New Moon Midwifery • Thursdays, 11 a.m.-1 p.m. (except weather and school related closings) • Free drop-in session open to all parents of little ones to share resources, ideas and support for attachment-style parenting. Very informal. Discussion topics vary based on suggestions and needs. Includes guest speakers from the community. Free. Call 424-0220; info@newmoonmidwifery.com.

Personal Experiences

A Long, Loving Look at the Real: Reflections on the Spirituality and Mysticism of Etty Hillesum with Margaret Brennan through Weber Center • Oct. 1, 10 a.m.-4 p.m. • The diaries and letters of Etty Hillesum provide a story of human transformation and divine indwelling in one of modern history's darkest hours – the extermination of six million Jews and millions of others in Nazi concentration camps. A reflection on her spirituality and mysticism give witness to a contemplation that is both politically responsible and deeply personal – a profound challenge for our own times. $50. Call 517-266-4000; fax 517-266-4004; webercenter@adriandominicans.org.

Personal Growth

Creating Co-Powerment: Hope in the Balance – Finding Your Truth and Living It In Peace with Others with Lani Kwon Meilgaard • Afternoon sessions: Sept. 18, Oct 9 or Dec. 10; 1-3 p.m. Evening sessions: Sept. 22, Sept. 27, Dec. 16 or Dec. 20; 7-9 p.m. • A co-empowerment group to discover your true self – feelings, inner worth and values – using meditation, specialized worksheets and lifestyle coaching in order to support yourself and others in choosing a life of balance, hope and peace. $50 or equivalent gift. Call 973-1283; heavenlybalance@yahoo.com or www.hopeinthebalance.com.

Designing Your Life: Mission Statement with Diane McCarthy • Oct. 26, 7-9 p.m. • Take the first step towards living a life of intention. Learn to identify your unique needs and values in order to design your own personal mission statement to guide your life. $25. Call 975-6888; www.dianemccarthy.com.

What is the Reconnective Healing? What is the Reconnection? with Susan Major • Sept. 19, Oct. 17 or Nov. 14; 7:30 p.m. • At this introductory evening, you will learn about Reconnective Healing and the Reconnection. You will receive a free attunement to this energy. You will both observe a demonstration and experience the energy. Free. Call 996-0702; samajor@comcast.net.

Emotional Freedom Technique Level 1 with Susan Major • Sept. 17 and Oct. 1 or Nov. 27 and Dec. 11, 10 a.m.-3 p.m. • In this two-day workshop, you will learn the EFT basic recipe. You will be able to use this technique to remove stuck emotions and self-defeating patterns, reduce food cravings, reduce or eliminate pain, release fears and phobias, change limiting beliefs, implement positive goals and more. EFT is a meridian-based energy therapy technique that is easy to learn, effective and fast. $200. Call 996-0702; samajor@comcast.net.

Attracting Abundance with EFT with Susan Major • Oct. 22 and Nov. 5, 10 a.m.-3 p.m. • In this two-day workshop, you will learn a simple step-by-step process of EFT (Emotional Freedom Technique) and how to apply it specifically for attracting abundance. You will learn how to identify and release unconscious blocks to your success. You will learn how to activate the law of attraction and use affirmations, imagery and abundance exercises to help shift your energy to manifest prosperity. $200. Call 996-0702; samajor@comcast.net.

Basics of Manifesting with Karlta Zarley • Nov. 5, 9 a.m.-1 p.m. • Why are some things easy to manifest and others aren't? Are you doing all the right things to maximize your creative process? This class covers the basics and provides time to practice bringing your heart's desire into existence using the synergistic energy of the group. Refreshments provided. $70. Call 433-9333.

Seals of Solomon Activation with Karlta Zarley • Nov. 5, 2-6 p.m. • The seals contain the wisdom that each of us gained in previous lifetimes in various ancient cultures and is stored within each of us. There are 26 sets of seals. This activation opens the first five sets of seals, covering the times of Egypt, Maya, Mu, Atlantis and the Druids. This is very powerful work, moving a massive amount of energy. Refreshments provided. $200. Call 433-9333.

Boundaries: Part 1 and 2 with Karlta Zarley • Part 1: Oct. 8, Part 2: Oct. 15; 9 a.m.-1 p.m. • Do you feel your life is out of control? Do others take advantage of you? Boundary issues are part of every aspect of our lives. Part 1 will discuss different types of boundaries, how to identify them and putting and keeping them in place. Part 2 must be taken after Part 1 and will spend time on energetic boundaries, protection, individual needs and practicing good "boundary hygiene" using role-playing and group discussion. Refreshments provided. $70 per day. Call 433-9333.

Personal Transformation with Julia Doherty and Elaine Williams • Dec. 3, 1-3 p.m. at Crazy Wisdom Community Room • This workshop will introduce you to a path of personal transformation whereby you can release self-limiting beliefs, self-sabotaging behaviors and unhealthy relationships. Designed to give you an overview to the processes which are life transforming, this workshop will focus on personal empowerment, stress management and forming healthy relationships. $15. Call Julia at 847-987-3419 or Elaine at 248-396-5735; dohertyJA@aol.com or elainekwilliams@aol.com.

Change Your Life: Stop Hiding from Difficult Conversations with Elaine Williams • Oct. 16, 1-3 p.m. at Crazy Wisdom Community Room • The #1 cause of stress today, both at home and at work, is the inability to communicate what we are really thinking and feeling on deeper levels of knowing. This workshop will look at the primary reason we devise elaborate masks to cover our truth, the variety of masks we can wear and how to clear core issues so that we can enjoy healthy energy from clear expression of our thoughts, feelings and needs. $20. Call Elaine at 248-396-5735; elainekwilliams@aol.com.

Be Who You Are with Susan Morales • Sept. 24, Oct. 8, 22, Nov. 5, 19, Dec. 3; 10 a.m.-Noon • This unique class draws on contemplation, meditation and symbolism to access our highest, sometimes hidden, desires and our self-imposed obstacles. $20 per class, $100 for the series. Call 669-0500; bodiesinbalance211@yahoo.com.

Transformational Guided Imagery with Judith Olenik through Cottage Retreat Center • Sept. 23, 6:30-8:30 p.m. and Sept. 24, 9:30 a.m.-3:30 p.m. • Are you looking are a "certain something" to add spark to your life? What would meditation mean for you and what could energy mean for your healing process? Explore guided imagery, therapeutic forgiveness, divine healing energy and higher self connection. $50 includes lunch. Call Nancy Angelo at 517-796-5670; cottageretreat@sbcglobal.net.

Women, Claim Your Voice! Claim Your Power! with Manya Arond-Thomas • Oct. 22, 9 a.m.-6 p.m. • Women, do you want a life of vitality, passion, productivity and success on your own terms? If so, this women-only, high impact workshop will help you catalyze the change you are seeking. You will identify the specific ways you hide your power, work with the law of attraction, identify and claim your unique life purpose, take a stand for your 3-5 year BIG vision for your life and experience the power of aligning yourself for success. $250. Call 480-1932; manya@arond-thomas.com.

Introduction: Self Love to Genius with Diane Byrne and Linda Marinovich • Sept. 7, 9:30-11 a.m. or Sept. 21, 7-8:30 p.m. • Diane and Linda lead this lively interactive exploration of what is possible when we choose to live in our genius. They introduce a unique body-centered understanding of how we can expand into the life we want, doing what we love, while experience ease and increasing our level of love, joy and satisfaction. The purpose of this talk is to offer a visual and experiential model of how we organically learn and is applicable to all aspects of life. It is an invitation to see that it is possible to experience a more vibrant sense of well-being and expand your capacity to live in abundance and appreciation. $20 or $15 prepaid. Call Diane at 395-9130; diane@vibrantlives.us.

Self Love to Genius: The Foundation Course with Diane Byrne and Linda Marinovich • Wednesdays, Sept. 28-Oct. 19; 7-9 p.m. • This four-week course is an experiential journey incorporating the essential foundation tools for experiencing and accessing an abundance of energy and clarity of mind in your relationships and in your work. You master the skills using specialized techniques and innovative whole mind-body learning. This insightful work is fun and playful at the same time. $160. Call Diane at 395-9130; diane@vibrantlives.us.

The Z-Point Process: A Transformational Workshop with Grant Connolly • Sept. 10 or 11, 9 a.m.-5 p.m. • Z-Point is a very simple process that is designed to heal all the ways we are in conflict with ourselves and others. It does this by quickly and easily allowing us to release strong feelings that we have. $75. Call Elyse Swenson at 248-705-5775; enprez@comcast.net.

Poetry

Poetry at Cottage Retreat Center • Sept. 28 and Oct. 26, 7-9 p.m. • Featured poets will read, along with open mic and discussion. Steve Marsh on Sept. 28. James Dixon on Oct. 26. $4. Call Nancy Angelo at 517-796-5670; cottageretreat@sbcglobal.net.

Polarity Therapy

Polarity Therapy Level 1 with John Bodary, Karen Kerns and Renee Rutz through Michigan School of Myomassology • Mondays: Sept. 12, 26, Oct. 10, 24, Nov. 14, 28, Dec. 12, Jan. 9; 6:30-10:30 p.m. • Polarity therapy is an energy balancing bodywork modality. It utilizes the life force energy in the body for relaxation and healing. Mind, body, emotions and spirit energies are balanced using this technique and its teachings as a way of life. This class will be an introduction to energy work and Polarity principles as developed by Dr. Randolph Stone. Students will learn the theory of energy movement in the human energy system and will apply the principles using hands-on work. $80 per class includes one-hour private supervision with instructor between classes. $60 registration cost. Call Betty Teeg at 313-882-7717, Karen at 248-446-3134 or Renee at 677-1900; bettyteeg1@juno.com.

Polarity Therapy Level 2 with John Bodary, Karen Kerns and Renee Rutz through Michigan School of Myomassology • Sept. 17-18, Oct. 22-23, Dec. 3-4, Jan. 7-8; 9 a.m.-5 p.m. • See above description. $220 includes class and two-hour private supervision with instructor between classes. $60 registration cost. Call Betty Teeg at 313-882-7717, Karen at 248-446-3134 or Renee at 677-1900; bettyteeg1@juno.com.

Prayer

World Day of Prayer at Detroit Unity Temple • Sept. 7-8 • Renaissance Unity and Detroit Unity Temple join in fellowship for a 24-hour prayer vigil of praise, music and thanksgiving. Healing prayer service on Sept. 7 at 8 p.m. Interfaith service on Sept. 8 at 6 p.m. with Rev. Rob Robinson, Dr. Gurudarshan Khalsa and Native American Ann Miller. Concludes with a World Peace Flag Ceremony. For more information, call 313-345-4848; www.detroitunity.com or www.renaissanceunity.org.

Praying with Body, Mind and Spirit with Janene Ternes of Prayer in Motion • Nov. 19, 9:30 a.m.-4 p.m. • Come experience a holistic way to pray. Deepen your connection with your Higher Power as you pray through movement, music and guided meditation. Themes focus on healing, trust, love and responding to God's call. Bring a journal. Basic movements will be taught which can be done by anyone, regardless of experience or physical limitation. $45 includes lunch. Call 429-7754; prayerinmotionjt@aol.com.

Contemplative Prayer with Visitation Staff • Mondays, Noon-12:30 p.m. • All are welcome for a half-hour of centering prayer in which participants pray together in silence, striving to simply open themselves without words or images to God. All are requested to arrive before Noon. No cost. Call 734-242-5520; visitation@ihmsisters.org.

Professional Enrichment

Business Development Training with Patty Brennan of Center for the Childbearing Year • Oct. 7, 9 a.m.-5 p.m. • Come and learn the skills necessary to be successfully self-employed. Topics include establishing yourself as a business entity, money matters, financial record keeping, staying out of trouble with the IRS, insurance considerations, marketing on a limited budget, networking for fun and profit, limiting liability and creating client contracts and professional and ethical issues. This class is appropriate for anyone setting up a service-oriented business. 7.8 DONA CEUs provided. $110 with early registration discount offered. Call 663-1523; patty@center4cby.com or www.center4cby.com.

Midland Arts Center hosts Peter London Workshop: Teaching Art Effectively • Sept. 16-17, 9:30 a.m.-4 p.m. • Peter London has long expressed his desire to align the practice of artists with the practice of teaching art and declares, "What artists do, why and how they do it, insufficiently resembles what art students are asked to do." He offers advice on designing effective curriculum that empowers the mind and spirit of art students. $220. Call Sharon Kackmeister at 989-837-1885; creative@mindnet.org.

Marketing Your Professional and Spiritual Services with Ann Jones • Morning sessions: Oct. 1 or Nov. 5, 10 a.m.-12:30 p.m. Evening sessions: Oct. 5 or Nov. 8, 6:30-9 p.m. at Crazy Wisdom Community Room • Begin by discussing what has and has not worked in building your client base. Next, we will investigate how to create a marketing plan which describes and promotes our practice. Finally, we will design strategies to implement that plan. Participants will leave with three actions they can take to attract new, while retaining existing, clients. $50. Call 972-1480; ann@designsforthespirit.net.

Leadership with Aegis Consulting • Wednesdays, 8-10 p.m. • A class for aspiring managers and other leaders. We will examine the history of leadership and modern techniques to help the student develop their most effective leadership style. Orientation Nov. 9, 8-11 p.m. $60 per month. Call 645-2265; management@aegisconsulting.org.

Creativity Workshop with Peter London through Creative Spirit Center • Sept. 16, 9 a.m.-4 p.m. and Sept. 17, 9:30 a.m.-4 p.m. • Peter will show how to create curriculum that nurtures and empowers the mind and creativity of students *and* teachers! $220 plus $20 extra for CEUs. Call Suzanne, Sharon or Linda at 989-837-1885; creative@mindnet.org.

Reiki

Curious About Reiki? Free Introductory Talk with Suzy Wienckowski • Nov. 9, 7-9 p.m. • Suzy speaks on the Usui system of Reiki healing. In this gentle, hands-on healing art, Universal Life Energy is transmitted through the hands of the practitioner to facilitate healing and promote balance of the whole person. Reiki is deeply relaxing and soothing. Free mini-treatments offered. Call 665-8665; suzyreiki@aol.com.

First Degree Reiki Class with Suzy Wienckowski • Sept. 16-18 or Nov. 11-13; Friday 7-9:30 p.m., Saturday 9:30-4 p.m., Sunday 9:30-12:30 p.m. • Reiki is a gentle, hands-on healing art. Reiki is easily learned by all and, after initiation by a Reiki Master, healing energy flows effortlessly through your hands. Reiki reduces stress, eases pain and restores balance and harmony on all levels: body, mind and spirit. The First Degree class includes the history of Reiki, hands-on form for treating yourself and others and four individual initiations. Certificate awarded. $150. Call 665-8665; suzyreiki@aol.com.

Second Degree Reiki Class with Suzy Wienckowski • Oct. 14-15; Friday 7-9 p.m., Saturday 10-4 p.m. • Second level of training in the Usui System of Reiki Healing. Students learn and are empowered to use the three sacred Reiki symbols. The symbols focus and intensify the Reiki energy enabling the practitioner to heal on a deeper level and to send Reiki at a distance. First Degree training is a prerequisite. $500. Call 665-8665; suzyreiki@aol.com.

First Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Sept. 24-25 or Nov. 12-13 or Dec. 10-11; Saturday 7-9 p.m., Sunday 10 a.m.-6 p.m. • Reiki is a powerful, natural and ancient healing technique which can be learned by anyone. It is an ancient form of healing in which the healing energy of the Universe flows through the healer to facilitate an individual's healing at all levels: physical, emotional, mental, causal and spiritual. In the level one workshop, the student receives ALL the traditional attunements to the Reiki energy, learns to facilitate other's healing as well as self-healing techniques. Class sizes are limited to allow for individual attention. $125 with early payment discount offered; includes manual and certificate. Call 663-9724; intuitivehealth@aol.com.

Second Level Reiki Workshops with Ray O. Golden of Center for Intuitive Health • Nov. 5-6; Saturday 6-10 p.m., Sunday 10 a.m.-4 p.m. • In the level two workshop, traditional advanced attunements deepen the process. The student learns even more powerful healing techniques and distance healing techniques. Class sizes are limited to allow for individual attention. $230 with early payment discount offered. Call 663-9724; intuitivehealth@aol.com.

The Crazy Wisdom Calendar

Reiki (continued)

Free Reiki Introduction and Healing Night with Ray O. Golden of Center for Intuitive Health • Sept. 8, Oct. 13, Nov. 10, Dec. 8; 7-9:30 p.m. • An introductory talk on Reiki and an opportunity to experience Reiki energy. Free. Call 663-9724; intuitivehealth@aol.com.

Sacred Geometry

Flower of Life Workshops – 2000+ with Lorna Brown • Nov. 5-6, 9 a.m.-5 p.m. each day • Understand sacred geometry and learn to reactivate your Merkaba energy field for ascension, healing, your connection with higher self and fully opening the heart. Helps to realize the connectedness of all life and your purpose in it. Based on the work of Drunvelo Melchizedek. $222. Call 734-428-8748; starlab6@aol.com.

Shamanism

Jungle Medicine Workshop with Connie Grauds through Michigan Integrative Medicine • Sept. 23, 9 a.m.-5 p.m. • Experience the world of the shaman. This intensive outdoor experiential workshop teaches the healing use of plants that grow all around us from a shamanic plant spirit medicine perspective. $85 or $75 if prepaid by Sept. 21. Bring your own lunch. Call 998-7715; mim@umich.edu.

DreamBody with Kenn Day • Sept. 17, 10 a.m.-5 p.m. and Sept. 18, 11 a.m.-5 p.m. at Crazy Wisdom Community Room • There are different ways to dream. This workshop works with the dreams in which we can journey in the three worlds in our Dream Body, finding answers and healing in our dreaming. For more information on Kenn Day, see "What's Happening In the Community" column at the front of the Journal. $200. Call 513-481-3080; enki@one.net.

Pathways Clan Gathering with Don Allen, Jeanne Mackey and Pattie Postel • Sept. 11, 2-3:30 p.m. • Initial meeting of Ann Arbor area Clan. Join us in exploring how to use shamanic practice for local spiritual activism through community collaboration. Pathways is a nonprofit organization committed to the dream of creating a society of Spirit which fosters peace and healing for all. Pathways Clan groups are currently forming throughout the Midwest to initiate grassroots community projects targeted to local needs. We will begin to focus our community vision for peacebuilding and healing. $5 donation for location. Call Don at 480-1219; doncharo@provide.net.

Introduction to Shamanism: The Shamanic Journey with Kate Durda of Spirit Weavers • Sept. 10, Noon-5 p.m. in Lansing • Experiential training in the Shamanic Journey. One of the most remarkable methods to enter into the world of the spirit, or non-ordinary reality, to access personal truths, healing and peace, and to enhance creativity and oneness with the world. $90 or $75 if prepaid by Sept. 6. Call 517-543-6754; spiritweaver@voyager.net.

Shamanism Apprenticeship Program: Path of the Open Heart with Kate Durda of Spirit Weavers • First meeting: Oct. 8 in Lansing, continuing one Saturday per month • Shamanism Apprenticeship Program meeting once a month for intensive training and experience in Shamanism, journeying and healing work. For complete information, call 517-543-6754; spiritweaver@voyager.net.

Unraveling Curses with Betsy Bergstrom of Spirit Weavers • Oct. 15-16 in Lansing • Workshop deals with recognition of curses (individual and family of origin curses), sorcery and psychic persuasion, techniques for unraveling curses and general understanding of possession and protection of self. For times and cost, call 517-543-6754; spiritweaver@voyager.net.

Medicine for the Earth: Personal and Environmental Transformation with Kate Durda of Spirit Weavers • Oct. 29-30 or Dec. 3-4 in Lansing, Saturday 10 a.m.-5 p.m. and Sunday, 9:30 a.m.-4:30 p.m. • Powerful two-day experiential workshop/personal retreat is based on the work of Sandy Ingerman in her most recent book, *Medicine for the Earth*. You will learn how to transform personal and environmental energy blockages and pollution by learning how to transmute negative beliefs, attitudes and the energy that comes forth from our emotions. Learn about alchemy and how to create miracles. Ends with healing ceremony on Sunday afternoon. $125-200 sliding scale. Call 517-543-6754; spiritweaver@voyager.net.

Singing & Songwriting

HeartSinger with Gwyn Nagy through Gateways Center for Life Enrichment • Sept. 12, 7 p.m. • HeartSinger accesses many guides who are master of healing. Using her voice and hands under the direction of the singing masters, she effects healing by altering the frequency of the chakras that are in need of clearing or frequency changes. The singing reaches many dimensions and many hearts, and some people who are sensitive to energies have heard Gwyn singing from many miles away as they meditate. $15. Call 332-4666; gatewayscenter@hotmail.com.

Gateways Sing-a-long with Gateways Center for Life Enrichment • Sept. 13, Oct. 11, Nov. 21, Dec. 19; 7 p.m. • Singing always lifts the spirit and changes our vibration. Join us in this monthly gathering to "just sing". No special talent or experience necessary. We'll sing just to have fun on the second Tuesday of each month. By donation. Call Lorna Brown at 734-428-8748.

Singing the Songs of Hildegard: A SingShop with Norma Gentile • Sept. 17, 4-6 p.m. • Come learn a chant by Hildegard, learning it by ear (call and response) from Norma Gentile. You will also see and perhaps learn to read from the original Gregorian style notation. All singing levels can be accommodated, from those who can sing only a single note to advanced vocalists. This singshop includes breath, connecting with the spiritual energies of a chant and learning how to use those energies in singing the song. Those who wish to may be invited to participate in the concert that evening. $25. Contact info@healingchants.com.

Meditation Concert of Healing Chants by Hildegard sung by Norma Gentile • Sept. 17, 8 p.m. • To create sacred space with others is the original meaning of the word "concert". The concert will combine chants from Hildegard from 900 years ago with Tibetan singing bowls and mantras and chants of mystical traditions from the Orient. $15. $30 both Singshop (see above) and Concert. Contact info@healingchants.com.

Song Circle with Cori Rose Benitez • Oct. 8, 3-5 p.m. at Crazy Wisdom Community Room • Join us for an afternoon of singing and fun. We'll share songs and chants from many different traditions. All are welcome. Feel free to bring drums, rattles or songs to share. By donation. Call 355-6291.

Spirit Guides

Starry, Starry Night: A Call to Explore Your Cosmic and Galactic Roots with Bettiann Clark through Gateways Center for Life Enrichment • Oct. 2, 9:30 a.m.-4:30 p.m. • If you suspect, or know, that your "home planet" is not Planet Earth, this one-day workshop is for you. Bettiann will lead the group in discovering each participant's unique piece of the puzzle – the gift each is to bring to the world at this pivotal time. Through music, sound, silence and transformational exercises arising from the synergy of the group, each person will also be assisted in bringing forward a special Guide who will be appropriate for them on this planet of change and expansion. $60 for the day. Call 332-4666; gatewayscenter@hotmail.com.

Spiritual Development

Human Living/Divine Being: Integrating the Blueprint of the True Self with Bettiann Clark through Gateways Center for Life Enrichment • Oct. 1, 9:30 a.m.-4:30 p.m. • Drawing upon three decades of study and teaching in the areas of ancient wisdom teachings, transpersonal psychology and the healing arts, Bettiann leads us through the transformational tools of meditation, sound and music, silence and presence. Each participant will discover the Divine Soul Pattern that is uniquely his or hers, and learn practical ways to bring more of the soul qualities into the living of daily life. $60 for the day. Call 332-4666; gatewayscenter@hotmail.com.

Quaker Approaches to the Bible: Everyone Come to the Wedding Feast with Susan Jeffers • Sept. 24, 9 a.m.-4 p.m. • A day-long workshop examining the Bible's use of metaphors of marriage, sex and food to image the divine-human connection, as well as humanity's place in the natural world and our relations with one another. Bring a Bible and bag lunch. $25, or $10-$25 as able. Call 734-276-1920; www.michiganfriendscenter.org.

Meeting for Workshop for Healing in the Manner of Friends (Quakers) with Richard Lee • Oct. 15, 9 a.m.-4 p.m. • The divine gift of healing through gathered prayer is a loving, powerful and elegantly simple practice, where individuals are held in the light of the love of God. Explore the history and experience this practice in a day-long workshop. Bring a bag lunch. $25, or $10-$25 as able. Call Pat Micks at 734-709-8748; www.michiganfriendscenter.org.

Rufus Jones: Rethinking His Life for Quakerism with Stephen Angell • Nov. 5, 9 a.m.-4:30 p.m. • Rufus Jones was one of the primary leaders of the Religious Society of Friends (Quakers) in the early 20th century in the U.S. His message came to be characterized as "affirmative mysticism and the "way of wonder". Learn about his life and writings in this one-day workshop. Bring a bag lunch. $25, or $10-$25 as able. Call the Manager of the Michigan Friends Center at 734-475-1892; www.michiganfriendscenter.org.

Evening Meditation and Dialogue for the General Public with Brenda Morgan • Sept. 1, Oct. 6, Nov. 3, Dec. 1; 7-8:15 p.m. • Brenda has been blessed with a spiritual transformation which began in 1989 with Inner Enlightenment/No Mind Within. Since that time, her spiritual state has deepened and, during silent meditation, the Witness Position is sustained and shared. These evenings have been set aside for those interested in either exploring and/or connecting to someone who is in a spiritually transformed space. Brenda continually explores how to communicate this transformation with those who have a connection with the world and wish to continue to interact with it as they evolve. Her own transformation occurred while still in relationship with the world with a concomitant slowing down within her being as she became aligned to the Holy Spirit. Love offering/donation. Call Susan at 665-0536.

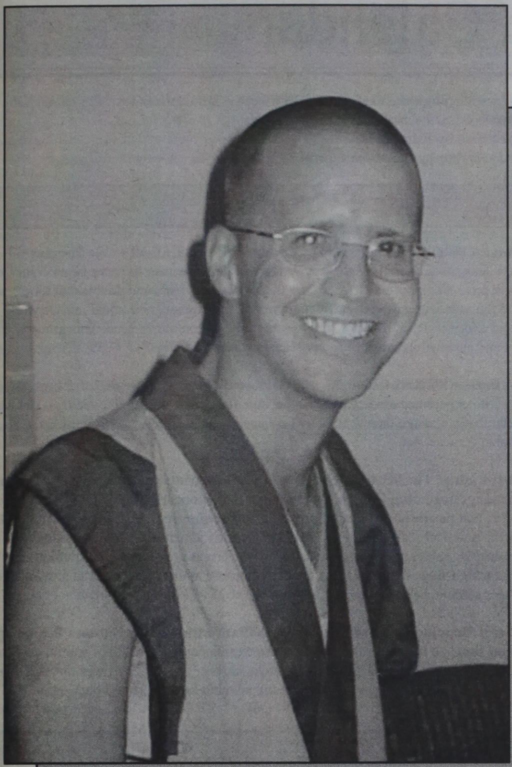
Friday Evening Spiritual Seminars and Meditation with Brenda Morgan • Nov. 18, 7-9 p.m. • Brenda will, through the insight, wisdom and meditation arising from her spiritual transformation, share how to move into feeling your existence and what lives us all, focusing on the topic of "Divine Union" for the month of November. $35. Call Susan at 665-0536.

One-day Spiritual Intensive/Retreats and Meditation with Advanced Practitioners of Brenda Morgan/Michael Silverman • Nov. 19; 9 a.m.-4 p.m. • A day-long spiritual intensive for those wishing to deepen their spiritual/meditative practices and openness to the Divine. Each intensive is unique, focusing on various aspects and tools for alignment to the Divine. While Brenda is taking the space to prepare for the next phase of her life, Tom Egan and Susan Fancy, with their recent breakthroughs into the state of Inner Enlightenment/No Mind Within, are a benchmark for the process of being in the world, actively, and still being able to open to living reality. Each will weave Brenda's teachings with their own unique perceptions/awarenesses during the Saturday spiritual retreat. These advanced spiritual states help to catalyze opening to the universe. Only a sincere interest in opening to spirit is necessary. The particular religious structure chosen should not conflict with the day's events if meditation upon the living God is part of ones' conscious spiritual practices. No experience necessary. $85. Call Susan at 665-0536.

Lecture Discussion Evenings sponsored by the Great Lakes Pathwork Inc. • One Friday of each month, 7 p.m. • Informal gathering to read and discuss Pathwork lectures. These lectures contain a unique mix of psychological and spiritual concepts. Free. Call Nick Meima or Tara Wells at 663-5853.

An Introduction to the Pathwork Teachings: Lecture Study Series with Lisa C. Wolf • Dates and times to be determined by class • This series introduces some of the basic concepts expressed in the Pathwork lectures. Lecture study includes the discussion and exploration of these ideas to help create and deepen personal understanding. $275 includes all lectures studied and a subscription to the Great Lakes Pathwork Newsletter. Call 930-0864.

An Introduction to the Pathwork Teachings: Lecture Study/Process Series with Lisa C. Wolf • Four day long workshops offered Saturdays or Sundays, 10 a.m.-6 p.m. • This four-part series combines lecture study with process work to teach and experience the basic concepts expressed in the Pathwork lectures. Using a thematic approach, this series creates and deepens personal understanding of the teachings through education, discussion, and the application of these concepts to one's own life. The four parts are: Returning to Wholeness: Navigating the Journey of the Soul, Who Am I Really: An Exploration of the Levels of the Human Personality, The Origin of the Wound: Exploring Child Consciousness, and Developing the Conscious Ego: A Spiritual Practice. Dates and times to be determined. $125 for each. Call 930-0864.



Kelsang Khedrub is resident teacher at Vajrayana Buddhist Center in Chicago, and he has been regularly teaching in Ann Arbor.

I ordained as a Buddhist monk ten years ago when I was 25 years old. Not the career path I had ever imagined as a teenager, but it has been wonderful so far. I love trying to figure out how to let myself be more deeply affected by Buddha's teachings on impermanence, love, and wisdom.

Returning to Wholeness, Navigating the Journey of the Soul: A Pathwork Process Group with Lisa C. Wolf • One Tuesday per month, 2-4 p.m. • This group combines the psychological and the spiritual to discover the "soul's journey" and to find the very best of one's self. It is for those who want to move deeper into the process of self transformation using the Pathwork teachings as a foundation. $40 per session. Call 930-0864.

Sacred Alignment with Loren Cruden • Sept. 24, 10 a.m.-6 p.m. • Focus will be on how individuals can become more conscious of their relationship with the universe, and how to integrate that awareness into one's actions in daily life. $35-70 sliding scale. Call Martha Zingo at 327-9369; arcticgyr@gmail.com.

Great Lakes Diamond Approach Retreat with Sherry Anderson, Jeanine Mamary and Robert Ball • Sept. 29-Oct. 2 or Dec. 1-4; Thursday at 7 p.m. through Sunday at 5 p.m. • As a contemporary spiritual teaching, the Diamond Approach to Inner Realization considers the totality of the human being. It is a path of self realization combining elements of depth psychology with the wisdom of traditional teaching. Its unique perspective, brought out in the writings of A.H. Almaas, creates a new and accessible method for engaging in the journey of spiritual work while living fully in the modern world. $250 for class and $169 for room and board, with scholarships available. Call Lou Weir at 663-1675; louisweir@comcast.net or www.ridhwan.org.

Stress Management

Mindfulness-Based Stress Reduction Training and Practice Workshop with John Roth through Upland Hills Ecological Awareness Center • Nov. 12-13, 8:30 a.m.-4 p.m. • This retreat is based on the 25-year-old successful model of the University of Massachusetts Medical School Center for Mindfulness, as taught by Dr. Jon Kabat-Zinn, author of *Full Catastrophe Living*. Please bring a bag lunch, several blankets or a yoga mat and a firm cushion. Wear comfortable, loose clothing. Chairs for meditation are available. $125, with $75 for each additional partner/family member. Call Chris Tarr at 248-693-1021; uheac@earthlink.net.

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • Part 1: Sept. 6, Noon-1:30 p.m.; Part 2: Sept. 13, Noon-1:30 p.m. • Tune in to messages from your body, mind and spirit and learn effective strategies to enhance your well being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner guide. Leave with coping strategies to increase your effectiveness. $30 per session. Call 668-2733.

Stress Buster for Teens Workshop with Wasentha Young of Peaceful Dragon School of Tai Chi Chuan and Chi Kung • Nov. 20, 1:30-3:30 p.m. • A combination of stress management techniques designed by Wasentha to provide basic tools for the general maintenance and reduction of cumulative mental, physical, emotional and interactive stressors. These techniques include stretches, mind/body integrative movement, self-acupressure, interactive boundary setting exercises and meditation. $125. Call 741-0695; www.peacefuldragonschool.com.

Sustainability

Infusing Natural Capitalism into Education: An Evening with L. Hunter Lovins co-sponsored by Deep Lake Institute and Michigan State University • Oct. 13, 7:30-9:30 p.m. • During this free lecture at MSU, the co-creator of the Natural Capitalism concept, L. Hunter Lovins, will explore how to infuse Natural Capitalism's core ideas – profitability, environmental awareness and social responsibility – into current business education. This evening is not only for students or teachers! If you're an entrepreneur, run your own business or work in any field, learn how to be part of the paradigm shift from capitalism to Natural Capitalism. Free. Call 877-567-1112; info@deeplake.info.

Natural Capitalism: An Evening with L. Hunter Lovins co-sponsored by Deep Lake Institute and Michigan State University • Oct. 14, 7-9 p.m. • L. Hunter Lovins and Jim Embry share the keynote speech at Detroit's first satellite "Beaming" Bioneers conference at Wayne State University. They will discuss how the Natural Capitalism concept pertains to Detroit's urban reality and will then engage the audience in a Q&A sessions. Cost to be announced. Call 877-567-1112; info@deeplake.info.

Tai Chi & Martial Arts

Swordfighting on the Diag with Aegis Consulting • Sept. 9, 4-6 p.m. • Join us on the U of M Diag for a demonstration of a unique martial art. Free. Call 645-2265; management@aegis.consulting.org.

Basic Western European Swordsmanship with Aegis Consulting • Mondays and Thursdays, 6-8 p.m. • A six-month study, first part of three, in the art of the sword. Develop greater awareness, health and spiritual sensitivity through the practice of this ancient art. $75 per month plus $45 equipment fee. Orientations held Oct: 17 and 20. Call 645-2265; management@aegis.consulting.org.

Healing Dynamics for Health Care Practitioners with Cinda Lee Hocking • Sept. 24, Oct. 22, Nov. 19; 1-4 p.m. • Healing Dynamics is an integrated, proactive movement system based on the self-healing and meditative components of the martial arts of Tai Chi and Qi Gong. Healing Dynamics offers exercises and techniques that are effective in addressing the most common physical and emotional challenges health care practitioners face. $195. Nonprofits may be eligible for a portion of workshop proceeds. Group discounts available. Call 417-7161; cinda.hocking@gmail.com.

Meditation in Motion: The Art of Silat Tuo Minangkabau from Indonesia with Bapak Waleed (Leonardo Stoute) • Mondays 7 p.m., Wednesdays 7 p.m., Saturdays 10 a.m. • This exclusive class in Silat Tuo Minangkabau offers participants a one of a kind experience of the mystical traditions of West Sumatra, Indonesia. World renowned instructor Leonardo Stoute ('Bapak Waleed'), fresh from travel overseas to Silat's native land, will lead students through basic and advanced exotic movements of this art. Everyone will immediately benefit from this effective tradition of movement, meditation and healing. $99 monthly dues or $66 students. Call Ali Hashmi at 860-888-3924; qtuz@umich.edu or www.silatusa.com.

Wu Style Tai Chi Chuan with Sifu Genie Parker • Beginners: Thursdays, 6:30-8 p.m.; Ongoing: Sundays, 4 p.m. at Jewel Heart • Wu style Tai Chi Chuan is a soft style martial art emphasizing relaxation and balance. All are welcome to learn this ancient art of meditation in motion. $30 per month for one class per week with family, student and senior rates available. Call 332-9116 or 248-229-1060; info@wustyle-annarbor.com.

Yin Style Baguazhang with Richard Miller of Great Lakes Wushu • Monday and Thursday, 7:30-9:30 p.m. and Saturday 11:30 a.m.-1 p.m. • Training includes basic strikes, strengthening postures, turning the circle and changes (or forms). We train in the Lion system of Yin Style Baguazhang. $85 per month. Call 973-0226; www.greatlakeswushu.com.

T'ai Chi Ch'uan Beginner Class with Master Wasentha Young • Sept. 12-Dec. 10; Mondays and/or Thursdays, 6-7:15 p.m. • T'ai Chi Ch'uan is a Chinese internal style of martial arts. As an internal art, it emphasizes the integration and cultivation of the internal energy with the body and mind. This is done by concentrating on the techniques of relaxation and the use of imagery while in motion. Balance and an overall sense of wellbeing are enhanced through these techniques as well as T'ai Chi Ch'uan's unique, slow and graceful movements and breathing coordination. T'ai Chi Ch'uan is often characterized as "meditation in motion" because of the stillness it exemplifies. $170. Call Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Fundamentals of Chi Kung (Qigong) and the Five Element Theory with Master Wasentha Young • Sept. 12-Dec. 10; Tuesdays, 6-7:15 p.m. • Chi Kung is a Chinese approach and practice that focuses on the relationship of (chi) energy and health. This class will focus on the fundamental styles of Chi Kung: imagery and movement, Chinese Yoga, and traditional Chinese medicine. Students will also begin to learn to sense their own energy as well as others while engaging in "soft chi" exercises. As a part of medical chi kung, students will be introduced to the energy pathways (meridians) of the body and learn the fundamentals of the 5 Element Theory as it is the foundation of traditional Chinese medicine. Learning about the 5 Element Theory will clarify the correspondences of the qualities of nature that are mirrored in the internal concept of chi, as well as the generative and controlling cycles of energy patterns. $170. Call Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Expanding Into Energy Pathways Workshop with Master Wasentha Young and Greg Knollmeyer • Dec. 4, Noon-3 p.m. • The experience of yogic stretches, acupressure and dynamic movements of Chi Kung taught in this session will leave you relaxed and with a sense of well-being. The intention underlying the combination of these health arts is to relax the muscles and open the joints. This, along with centering the mind, will offer an awareness and expansion of energy that is practical for any lifestyle. $150. Call Harmony of Energy Center/Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

Different Strokes: Where Art Meets Movement Workshop with Shifu/Sensei Kore Grate • Oct. 28-30 • This workshop will be a combination of calligraphy and movement. Participants will learn expressions of centered movement through brush strokes and the translation of those strokes into martial arts movement. No matter what style of martial arts you practice, there is application of coming from your center. As a part of this experience, participants will look through the calligraphic expressions of their energy pathways (meridians) and learn the fundamentals of the internal concept of chi. The weekend is divided into sections from beginners to advanced martial arts practitioners. $50-225. For times, call Harmony of Energy Center/Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung at 741-0695; www.peacefuldragonschool.com.

The Crazy Wisdom Calendar

Tai Chi & Martial Arts (continued)

Tai Chi with Evelyn Craig through Visitation • Sept. 12, 19, 26, Oct. 3, 10, 17; 7-8:15 p.m. • Tai Chi invites us to be attentive and deeply focused in the center of our beings. These guided sessions will offer the basic form as well as the opportunity to rekindle the connection with the inner self. Wear comfortable clothing. $55 for series or $15 per session. Call 734-242-5520; visitation@ihmsisters.org.

Tarot & Divination

Palmistry Readings with Vijayalaxmi Shinde at the Crazy Wisdom Tea Room • Sundays, 11 a.m.-2 p.m. • Vijayalaxmi offers the ancient Indian science of palm readings and numerology information for the positive direction and welfare of her clients. See description in the "What's New in the Community" column in this issue of the Community Journal. $1 per minute. No appointment necessary. For more information, call Crazy Wisdom at 665-2757.

Tarot and Astrology Readings with Jillian Kerry at the Crazy Wisdom Tea Room • Mondays, 7-10 p.m. • Jillian uses astrology as a tool to understand where clients are in their lives and where they are going in order to help coach them with issues such as career, relationships, personal or spiritual growth and health improvement. $1 per minute. No appointment necessary. For more information, call Crazy Wisdom at 665-2757.

Drop-In COSMO Readings with Guide John Fredericks in the Crazy Wisdom Tea Room • Thursdays, 7-10 p.m. • Take a moment to explore your inner psyche and your cosmic connections with COSMO, a delightfully rational new divination system developed in 1999 in Ann Arbor by a group of enlightened individuals ranging from artists to astrophysicists. The board is our mental map. The cards, similar to Tarot, represent fate and the forces, events, and people in our lives. The combination presents us with a psychologically sound, yet energetically and spiritually connected tool, to explore the complexities of our lives. John has thoroughly enjoyed helping people tap into the subtler sixth sense, and make sense of our crazy worlds. Join him for an exploration starting with your most basic psychology and inner thoughts, and leading to who knows where. $1 per minute. No appointment necessary. Call 734-368-1780 if you prefer to schedule a reading.

Be Happy. It's one way of being wise.

- Colette

Tarot as a Language, as an Art, as a Tool for the Exploration of Telling a Story with Jeanne Adwani • Oct. 19, 26, Nov. 2, 9, 16, 30; 6:30 p.m. at Crazy Wisdom's Community Room (last class location to be announced) • We will explore the language of Tarot. Looking to speak of elements, numerology, symbols and pictures, to weave together stories that have meaning for you. You will have the opportunity to use this language as a tool to deepen your insight. What is your story? Can you retell it to change its impact on your life? $140 for seven weeks. Limited to ten participants. Call 734-320-3973; jeanne@intoowitgirl.com.

Theater & Film

A Morning with Thomas Merton with Monica Stuhlreyer through Visitation • Oct. 8, 9:30 a.m.-12:30 p.m. • View and discuss a video that explores six moments in the life of Thomas Merton, one of the most significant and relevant writers of our day. The questions Merton raises will stimulate participants to personal reflection on their own spiritual journeys. Free will offering. Call 734-242-5520; visitation@ihmsisters.org.

Film Director David Lynch to Speak at the University of Michigan • Sept. 25, 7 p.m. at the Power Center • Award-winning film director David Lynch (*Blue Velvet*, *Twin Peaks*, *Mulholland Drive*) will speak for the first time at the University of Michigan on "Consciousness, Creativity and the Brain". Lynch will speak on the creative process in film making and how his 30-year practice of Transcendental Meditation has fostered his creativity and innovation. He will be joined by quantum physicist Dr. John Hagelin, recently featured in the hit film *What the Bleep Do We Know?* and neuroscientist Dr. Fred Travis, director of the Center for Brain, Consciousness and Cognition at Maharishi University of Management. Free and open to the public. For more information, contact Ed Sarath at 995-0239; sarahara@umich.edu.

Peter Rabbit through Wild Swan Theater • Oct. 13 at 10:30 a.m., Oct. 14 at 10:30 a.m., Oct. 15 at 11 a.m. • When Peter Rabbit ventures into Farmer McGregor's garden, despite his mother's warning, his adventures begin. From the moment Peter loses his blue coat to Farmer McGregor's scarecrow until he arrives safe and sound at home, this classic tale is brought charmingly to life by Wild Swan's actors and designers. $10 adult, $8 child. Call 995-0530.

A Thousand Cranes through Wild Swan Theater • Nov. 3 at 10 a.m. and 12:30 p.m., Nov. 4 at 10 a.m. and 12:30 p.m., Nov. 5 at 2 p.m. • This very beautiful and moving play tells the touching story of a young Japanese girl's experience after the bombing of Hiroshima. The play recounts her illness from radiation poisoning and how children from all over Japan began to fold paper cranes to help Sadako get well. $10 adult, $8 child. Call 995-0530.

Musicians of the Sun through Wild Swan Theater • Dec. 7 at 10 a.m. and 12:30 p.m., Dec. 8 at 10 a.m. and 12:30 p.m., Dec. 9 at 10 a.m. and 12:30 p.m., Dec. 10 and 11 at 2 p.m. • Based on Aztec mythology, Musicians of the Sun is a bilingual delight (in English and Spanish). The Lord of the Night send the Spirit of the Wind on a quest to free the four musicians, Red, Blue, Yellow and Green, from the House of the Sun. The results of her journey bring joy, beauty and music to the world. $10 adult, $8 child. Call 995-0530.

Theater Performances through the Performance Network • Ticket prices vary. For complete information, call 663-0681; www.performancenetwork.org.
Sept 15-Oct. 30 • *Ice Glen* by Joan Ackerman
Nov. 10-Dec. 24 • *Jacob Marley's Christmas Carol* by Tom Mula

Therapy & Support Groups

The Art of Thriving: A Women's Psychotherapy Group with Lisa C. Wolf • One Tuesday monthly, 7-9 p.m. • This process-oriented therapy group will guide women to move beyond surviving life. Participants will have the opportunity to explore the resistances, fears and doubts that block one's ability to thrive and the expression of your most genuine self. Discussion, emotional release work, spiritual practice and experiential exercises will be some of the interventions used. This group will be both psychological and spiritual in nature. $40 per session. Call 930-0864.

From Crisis to Wellness with Kathy Blough • 12 Wednesdays beginning Sept. 7, 1-3 p.m. • This group is for people who experience anxiety, depression, suicidal or self-destructive feelings and want to learn ways to effectively manage their feeling and enhance their well-being. $60 per week. Call 913-5404; katblough@comcast.net.

Envisioning a Clear Path or The What's Next? Workshop with Matruka Sherman and Richard Mann • Six Wednesdays beginning Oct. 26, 7-8:30 p.m. • This workshop is designed to explore important life choices that lie ahead, especially for young adults who are trying to decide what weight to give their skills, the practical realities as they assess them, the momentum of their personal relationships, their deepest values and their spiritual agenda. Through small group discussions and exercises, the participants will gain clarity about their life purpose and confidence in their own unique contributions. $45 per session. Limited space. Call Matruka at 213-7475; matrkasher@aol.com.

Using Your Grief as a Stepping Stone on Your Spiritual Path with Tamara Sutton • Beginning in Sept. with dates and times to be determined • For those experiencing the death of a child and for survivors of suicide. In an interactive, safe and caring environment, you can tell your story and find healing. Receive coaching and compassion from someone who has been there and back again. $25 per group session. Call 332-7979.

Weight Loss

The Key to Weight Loss with EFT with Susan Major • Oct. 9 and 23, 10 a.m.-3 p.m. • In this two-day workshop, you will learn a simple, step-by-step process of EFT (Emotional Freedom Technique) and how to apply it specifically for weight loss. People lose weight with EFT because the method targets the emotional aspects of overeating. EFT can help you reduce hunger and eliminate cravings and stay on track. $200. Call 996-0702; samajor@comcast.net.

Spinning Eight-Week Weight Loss Class with Susan Morales and Sabrina Behrens • Eight-week sessions beginning week of Sept. 26 with Orientations on Sept. 19 at 10 a.m. and Sept. 21 at 5:45 p.m. • A 45-minute spinning ride, coaching, group discussion and a step-by-step nutrition plan will help you achieve a lasting lifestyle change. Susan will teach on Mondays and Sabrina will teach on Wednesdays. Participants must register and pick up "Healthy Habits" manual and daily log by orientation dates. $140 includes all materials. Call Susan at 669-0500; bodiesinbalance211@yahoo.com.

Tranquility with Kristin Blackburn • Wednesdays, Sept. 21-Dec. 14; 7-8:30 p.m. • A 12-week supportive group for women dealing with and healing compulsive eating issues. Utilizing a non-diet, lifestyle change approach, we will identify underlying factors contributing to compulsive and/or chronic overeating, develop constructive coping strategies and improve self-nourishing behaviors while receiving support from others who understand your struggle. Space limited to six participants. $35 per session. No session held Nov. 23. Call 994-1531.

Womenspirit

Women's Wisdom Circle through Gateways Center for Life Enrichment • Sept. 18, 1-5 p.m. • Join this inter-generational gathering of women to share in their stories, wisdom and power. As a council of women, we will create a sacred space to explore the sisterhood, motherhood and daughterhood in all of us through music, art and play. $15. Call 332-4666; gatewayscenter@hotmail.com.

Piece Work – Soul Work with Barbara Harvey and Ann Hughes through Weber Center • Sept. 23 at 7:30 p.m. through Sept. 25 at 1 p.m. • Many threads come together and make up the fabric of women's lives. Throughout the weekend, we will explore those threads common to many of us, and others that are unique. Through dialogue, journaling, scripture, reflection, poetry and working with fabric and thread, participants will come to better understand the threads that create the unique look of our collective and individual selves. $150 for double occupancy, $185 for single occupancy. Call 517-266-4000; fax 517-266-4004; webercenter@adriandominicans.org.

Women's Empowerment Group with Betz King • Mondays 7-8:45 p.m., Tuesdays 9-10:45 a.m., Wednesdays 7-8:45 p.m. • A community of women who support one another in moving beyond disempowered expressions of femininity, while tapping into the wellspring of deep, powerful womanhood within. $35 weekly. Call 248-788-5798; betzking@betzking.com.

SpiritSisters Women's Circle • Sept. 20, Oct. 18, Nov. 15, Dec. 20; 7-9 p.m. • Renew your spirit! Discussion and sharing group for women with interests in spirituality, relationships, empowerment, metaphysics and healing. Feel free to bring any diving tools like tarot, rune stones, etc. to share. A short silent or guided meditation may be part of this gathering. $3. Call Lorna at 428-8748; starlab6@aol.com.

Work & Right Livelihood

Leadership with Aegis Consulting • Wednesdays, 8-10 p.m. • A class for aspiring managers and other leaders. We will examine the history of leadership and modern techniques to help the student develop their most effective leadership style. Orientation Nov. 9, 8-11 p.m. $60 per month. Call 645-2265; management@aegisconsulting.org.

nancial Fitness with Mike Stearns, sponsored by the People's Food Co-op • Sept. 28, 7:30-9 m. at Crazy Wisdom Community Room • We're living in difficult times, and financial survival a challenge for many of us. If you can't seem to get your life on track or save money, this orkshop may help. Learn the basics of money management, budgeting techniques, reducing debt ıd money saving tips. Please pre-register. Free. For more information, call Cynthia Edwards at)4-4589; education@peoplesfood.coop.

ıvesting Now for a Sustainable Future with Mike Stearns, sponsored by the People's Food o-op • Oct. 19, 7:30-9 p.m. • A look at socially responsible investing to create a more just and ıstainable future: how to invest in your values even if you don't have much money, where to start, ɔw to select and dispelling of the myths. Please pre-register. Free. For more information, call ynthia Edwards at 994-4589; education@peoplesfood.coop.

'aring for Both Children and Parents: How to Beat the Financial Squeeze with Mike Stearns, ɔonsored by the People's Food Co-op • Nov. 9, 7-8:30 p.m. • As people are living longer, many f us find ourselves in the difficult position of caring for both our children and our parents over a ıuch longer time period. It can take its toll physically, emotionally and financially if we're not repared. Learn the questions to ask before caring for someone, eldercare choices and options and ow to keep other financial goals on track. Learn how to help aging parents make good choices now, efore you're in a difficult position. It doesn't have to be a nightmare! Please pre-register. Free. For ıore information, call Cynthia Edwards at 994-4589; education@peoplesfood.coop.

Vhat Every Woman Should Know About Achieving Financial Well Being with Mike Stearns, ɜponsored by the People's Food Co-op • Dec. 14, 7-8:30 p.m. at Crazy Wisdom Community Room • These days, many women are the breadwinners for the family, often outlive their partners or ive independently. We need to learn how to best care for ourselves financially so we are solid no ıatter what happens. Don't put off thinking about what's important in your life and how to achieve t financially! Please pre-register. Free. For more information, call Cynthia Edwards at 994-4589; ɜducation@peoplesfood.coop.

> To confront a person with his own
> shadow is to show him his own light.
> - Carl Jung

Starting Out, Starting Over – Money Workshops: Yes You Can! Using Your Means to Achieve Your Dreams through The Women's Center of America • Sept. 8, 6-8 p.m. • Get organized, clarify and set financial goals, develop concrete and actionable financial plans and develop the positive frame of mind that helps you achieve your financial dreams. $5 donation. Call 973-6779; oan@thewomenscenterofamerica.org.

Starting Out, Starting Over – The Good, the Bad and the Ugly: Credit Where Credit is Due through The Women's Center of America • Sept. 15, 6-8 p.m. • Learn the ins and outs of building and keeping good credit, how to read a credit report and understand what it means, and how to successfully manage your credit cards. $5 donation. Call 973-6779; joan@thewomenscenterofamerica.org.

Starting Out, Starting Over – Money Workshops: It's Who You Know that Counts...Building your Advisory Team through The Women's Center of America • Sept. 22, 6-8 p.m. • CPA, EA, JD, CLU, CFP – What do they mean? What do they do? Learn how advisors are paid, what questions to ask and what your rights and responsibilities are. $5 donation. Call 973-6779; joan@thewomenscenterofamerica.org.

Starting Out, Starting Over – Money Workshops: Use It, Don't Lose It! Places to Stash Your Cash through The Women's Center of America • Sept. 29, 6-8 p.m. • Ideal for the new investor. Take the mystery out of stocks and bonds. Learn the different types and which carries the most risks. Learn about the upsides and downsides of various investments. $5 donation. Call 973-6779; joan@thewomenscenterofamerica.org.

Starting Out, Starting Over – Money Workshops: Stop My Job, I Want to Get Off! Retirement Planning for the Rest of Your Life through The Women's Center of America • Oct. 6, 6-8 p.m. • Find out the difference between a pension, 401K and a profit sharing plan. Unravel the mysteries of IRAs, Roths and their contributions, and discover when and how to take your retirement money. $5 donation. Call 973-6779; joan@thewomenscenterofamerica.org.

Discover the Power and Joy in Your Life Transition with Melanie Fuscaldo • Part 1: Sept. 1, 12-1:30 p.m.; Part 2: Sept. 8, 12-1:30 p.m. • If you or a loved one anticipates or is experiencing a transition in career, retirement, health or relationship, this workshop will support you in opening your heart, body and mind to the spiritual purpose in this transition. $30 per session. Call 668-2733.

Live Your Career Dream with Melanie Fuscaldo • Part 1: Sept. 15, 12-1:30 p.m.; Part 2: Sept. 22, 12-1:30 p.m. • Begin to identify your unique career dream and action steps to create it in your life. $30 per session. Call 668-2733.

Writing

Write Now: Reconnecting to Our Heart's Compass through Journaling with Jill Blixt • Nine Tuesdays beginning Oct. 11, 6:30-9:30 p.m. • The pace of our lives often outstrips our ability to hear ourselves think and feel. The din of daily demands can put us on automatic pilot so much that we can feel lost and adrift. Journal writing can bring us that longed for self connection. It can refresh and renew us. It can reconnect us to our powerful knowing – our heart's compass. Join a group of like-minded people and come closer to your deep self through journal writing. You are invited to take up your pen and write now. $30 per week includes dinner and materials. Call 665-4577; jillblixt@aol.com.

Ann Arbor Writers Group at Borders-Arborland • Tuesdays, 7 p.m. • Ann Arbor Writers Group meets every Tuesday to discuss the challenges of writing. All are welcome to join in. Call 677-6948.

Writing from the Heart: Sharing Your Thoughts with Your Loved Ones, with Debbie Merion. November 1 & 8, w/optional 3rd date, 7 pm. $15. For more info, call Devon at 665-4744.

Yoga

Kundalini Yoga (as taught by Yogi Bhajan) with Billie Wahlen • Thursdays, 5:30-7 p.m. • Come experience the original yoga. We will meditate, stretch, breathe and chant using sound, rhythm, concentration and visualization. Newcomers, beginners and advanced yoga students all welcome. By donation. Call 276-6520; starbillie@email.com, www.michigankundaliniyoga.com or www.3HO.org.

Yoga Focus Fall Session with Karen Ufer, David Ufer, Roddy Wares and Karen Husby-Coupland • 12-week session starts Sept.12; Dates and times vary • Iyengar yoga classes stretch and strengthen the body while enhancing wellness and alertness. $12 per class, $132 for fall session, $15 drop-in. Call 668-7730; www.yogafocusannarbor.com.

Yoga I Class for Absolute Beginners at Zen Buddhist Temple • Six Tuesdays starting Sept. 13, 6-7:15 p.m. • Students learn traditional yoga postures (hatha yoga) with an emphasis on relaxation, concentration and working with the breath. The instructor was trained by the Sivananda Yoga Organization and combines that experience with meditation training. Classes fill quickly, so register early. $60 for six sessions. Call 761-6520; a2buddha@provide.net.

Yoga II Class at Zen Buddhist Temple • Six Tuesdays starting Sept. 13 or Oct. 25, 7:30-9 p.m. or Six Thursdays starting Sept. 15 or Oct. 27, 7-8:30 • Students build on knowledge of the basics of postures, breath work, relaxation and meditation. The instructor was trained by the Sivananda Yoga Organization. $60 for six sessions. Call 761-6520; a2buddha@provide.net.

Pi-Yo with Michael Gibson-Faith • Eight Mondays beginning Sept. 5, 7:30-8:30 p.m. • Blending Pilates and Ashtanga Yoga for a core strengthening class that will work your spine in all directions. $10 per class; $80 for eight weeks. Call 717-7109; michael@inhomebody.com.

Yoga Retreat with Rising Sun Yoga at Song of the Morning Ranch in Vanderbilt • Oct. 14-16 • Yoga retreat featuring Jivamukti certified Micha Adams presenting a chakra workshop and two classes: What is Yoga? and The Yoga of Compassion. Visit for a weekend of exploration and nature. Chakrasana workshop examines the workings of the subtle nervous system. Learn how chakras effect our health through physical postures, breathing techniques, study of ancient yogic texts, meditation and devotional singing. Workshop proceeds go to Sasha Farm, an animal sanctuary in Manchester. $35 per night includes meals. $45 for workshop and classes. Call 734-282-9642; www.risingsunyoga.com.

Young Children's Yoga with Sondra O'Donnell of Sun-Moon Yoga • Sept. 20-Dec. 1: Mondays for ages 3-6 or Thursdays for ages 4-8, 10-10:45 a.m. • Positive and playful, we use stories, songs and games to explore conscious breath, yoga postures and cooperation. Yoga helps children become self-confident and aware, stronger and more flexible. $89 for ten weeks. Call 929-0274; sondra@sun-moon-yoga.com.

Yoga Together with Sondra O'Donnell of Sun-Moon Yoga • Sept. 16-Dec. 9: Fridays for ages 1-3, 9-9:45 a.m. and Fridays for ages 3-8, 9:45-10:45 a.m. • Child-adult pairs will explore yoga breath, postures and ideas in a playful, engaging, cooperative class. $195 per pair. Call 929-0274; sondra@sun-moon-yoga.com.

Yoga for Kids with Sondra O'Donnell of Sun-Moon Yoga • Sept. 20-Nov. 22: Mondays for grades 3-5, 5:15-6 p.m.; Tuesdays for grades 6-12, 6:45-7:30 p.m. • Yoga postures and stories and games develop mindfulness and cooperation with others, strength and flexibility in the body, and focus and calm in the mind. $89 for ten weeks. Call 929-0274; sondra@sun-moon-yoga.com.

Vigorous Vinyasa with Jacquelyn Styrna of Sun-Moon Yoga • Sept. 14-Dec. 14: Wednesdays, 6:15-7:30 p.m. • Enjoy a fast-paced, intense asana flow class. Be sure to bring a towel, a smile and be prepared to sweat. $140 per session or $12 drop-in. Call Sondra at 929-0274; sondra@sun-moon-yoga.com.

Sunrise Flow Yoga with Jacquelyn Styrna of Sun-Moon Yoga • Sept. 14-Dec. 14: Wednesdays, 7-8 a.m. • Wake up and energize with a delightfully mellow midweek morning practice. $140 per session or $12 drop-in. Call Sondra at 929-0274; sondra@sun-moon-yoga.com.

Subtle Body of Yoga Workshop with Diane Stevens of Sun-Moon Yoga • Sept. 25, 2:30-5 p.m. • Explore the science of breath (pranayama) following the authentic teachings of the ancient Himalayan masters. The use of diaphragmatic breath, awareness and body posture with agni sara lead to the experience of the subtle body. $50. Call Sondra at 929-0274; sondra@sun-moon-yoga.com.

Spirited Yoga with Sondra O'Donnell of Sun-Moon Yoga • Sept. 8-Dec. 22: Mondays, 6-7:30 p.m.; Wednesdays, 6-7:30 p.m.; Thursdays, 9-10 a.m. • Complete breath and classic yoga postures are taught with flowing movement. This class brings balance to the body and mind by increasing flexibility and releasing tension. $160 per session or $12 drop-in. Call Sondra at 929-0274; sondra@sun-moon-yoga.com.

Radiant Yoga with Sondra O'Donnell of Sun-Moon Yoga • Sept. 6-Dec. 20: Tuesdays, 7:30-9 p.m. • This class features standing and seated postures, breath and meditation techniques in a calming, alert, meditative approach. $160 per session or $12 drop-in. Call Sondra at 929-0274; sondra@sun-moon-yoga.com.

Prenatal Yoga with Barbara Brookens-Harvey of Sun-Moon Yoga • Sept. 16-Dec. 16: Fridays, 11 a.m.-12:15 p.m. • This gentle, loving yoga combines postures, breath and relaxation techniques to increase body, mind, spirit awareness to prepare for a positive birth experience. $140 per session or $12 drop-in. Call Sondra at 929-0274; sondra@sun-moon-yoga.com.

Moonlight Flow Yoga with Jacquelyn Styrna of Sun-Moon Yoga • Sept. 14-Dec. 14: Wednesdays, 7:45-8:45 p.m. • Take a break from the rest of the world with this simple, slow, quiet, meditative flow. Appropriate for beginning yoga students and those easing into a regular practice. $140 per session or $12 drop-in. Call Sondra at 929-0274; sondra@sun-moon-yoga.com.

The Crazy Wisdom Calendar

Yoga (continued)

Better Backs Yoga with Sondra O'Donnell of Sun-Moon Yoga • Mondays, 7:30-9 p.m.; Tuesdays, 9-10 a.m.; Wednesdays, 7:30-9 p.m. • Classic yoga postures and techniques are used to strengthen the spine and back muscles while soothing tensions throughout the body. Special attention given to tight muscles and joints that inhibit the use of the spine and back. $160 per session or $12 drop-in. Call Sondra at 929-0274; sondra@sun-moon-yoga.com.

Yoga Classes with Christy DeBurton at The Yoga Room • Dates and times vary • Vinyasa, Ashtanga, Hatha and Kundalini yoga classes offered mornings, evenings and weekends. Small class sizes allow for individual attention and manual adjustments. Stay for tea after class! For times, dates and cost, call 761-8409; info@christydeburton.com.

Yogamoves with Gail Rucker of Yoga Moves at Ommoves Studio • Beginning Sept. 13: Tuesdays, 6-7:15 p.m.; Thursdays, 11a.m.-12:15 p.m. • Experience the basics of alignment, attitude and action; yoga philosophy; classical postures and creative poses. Discover yoga from the inside, supported by Anusara-style alignment principles, small classes and a loving atmosphere. All levels welcome. $15 for a single class. $12 per class in a series of four or more. $150 for unlimited yoga classes from September through mid-December. Call 994-3777; mymoves@aol.com.

Mommy and Baby Yoga with Tamara Aprea at Dance Gallery Studio • Sept. 6-Dec. 6: Tuesdays, 11:30 a.m.-12:30 p.m. • Focuses both on yoga principles as well as your baby's development. Please bring a soft blanket for your baby as well as any necessary items to make your little one feels comfortable. $135 for 12 weeks or $15 drop-in. Call 747-8885; dancegallerystudio@sbcglobal.net.

The Yoga Space Yoga Classes with Sue Salaniuk, Sally Rutzky and Nancy Udow • Sessions: Sept. 12-Oct. 29 and Oct. 31-Dec. 17 with various classes offered • Iyengar style beginning, intermediate and continuing levels as well as ageless and yoga for pregnancy. Weekday, evening and Saturday classes offered. $66 for beginning and intermediate. $81 for continuing. Call 662-6255; sue@yogaspace.info.

Yoga for Adults with Ema Stefanova • Sundays 5-6:30 p.m., Mondays 5-6 p.m. or 6:30-7:45 p.m., Wednesdays 6-7 p.m., Thursdays 9:15-10:15 a.m. or 11 a.m.-Noon • Classical Satyananda Yoga will peacefully energize you and help you establish a solid home practice. Postures, breathing, relaxation and meditation for a healthy body, emotional stability and heightened mental awareness. Medicinal yoga that's safe and easy to do. For cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga and Meditation for Teens with Ema Stefanova • Ongoing Saturdays, 1:30-2:30 p.m. • The teen years of exploration and development are deeply honored in yogic tradition and are supported by their own age-specific practices regarding postures, breathing, relaxation, concentration and meditation. This is a very popular class, so register early! For cost, call 665-7801; emastefanova@cs.com.

Yoga for the Wisdom Years with Ema Stefanova • Mondays, 5-6:30 p.m.; six weeks beginning Sept. 19 or five weeks beginning Nov. 7 • Spiritual practices to complement natural aging. Through meditation, postures, breathing and relaxation techniques, this series of classes will prepare body, mind and soul for full expression of the culmination of our life experiences and for our deepest transition. A day-long retreat concludes the series. For complete information and cost, call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Yoga and Meditation Day with Ema Stefanova • Sept. 18 or Nov. 13, 9:30 a.m.-4:30 p.m. • Relax and recharge in a positive yoga environment. Experience a complete practice of true classical yoga through postures with energy bandhs and psychic "gestures", as well as yoga nidra in the morning. Inner silence and chakra meditation workshop in the afternoon. $49 half day without lunch. $108 whole day with lunch. Call 665-7801; emastefanova@cs.com or www.yogaandmeditation.com.

Breathe Your Way to Perfect Health with Yoga with Ema Stefanova • Oct. 20, 7-9:30 p.m. • This workshop is for participants ages 14 and up to learn methods of yoga breathing that promote physical, mental and emotional health, as well as leading to higher levels of meditation and self-realization. The emphasis will be on breathing practices recommended for the cold weather season. $49. Call 665-7801; emastefanova@cs.com.

Stress Relieving through Yoga and Meditation with Ema Stefanova • Sept. 27, 7-9:30 p.m. • This workshop is for participants ages 14 and up to experience and learn deep relaxation and meditation. From the ancient tradition of tantra come the systematic method for complete physical, mental and emotional relaxation and the inner silence meditation. A long form of yoga nidra will be introduced. Bring blankets and/or sleeping bag. No previous experience necessary. $49. Call 665-7801; emastefanova@cs.com.

Introduction to Classical Yoga (Not Only for Beginners) with Ema Stefanova • Sept.18 or Nov. 13, 9:30 a.m.-4:30 p.m. • Learn everything you always wanted to know about true yoga and experience easy to do, gentle and deeply felt postures, breathing, relaxation and meditation. Spiritual development through yoga and meditation will be addressed. Ema will share her story of living yoga and meditation. $49. Call 665-7801; emastefanova@cs.com.

Yoga for Kids Ages 4-6 and Their Parents with Ema Stefanova • Saturdays, 12:15-1:15 p.m. • This class is fun and a true classical yoga and meditation learning experience for the whole family. Postures, breathing, concentration and kids' type classical yoga relaxation and meditation will be taught. For cost, call 665-7801; emastefanova@cs.com.

Yoga Classes through Inward Bound at Friends Meetinghouse • Various classes offered • Inward Bound offers four levels of Hatha Yoga instructional classes, taught by with Martha Laatsch, Lynette Smith, Barbara Brookens-Harvey and Rebecca Grant. For complete brochure, call 327-4963; info@ibyoga.com.
Additional ongoing drop-in classes:
Astanga Yoga with Jonathan Tyman • Saturdays, 8:15-10 • Call 997-9344; tyman@internet2.edu.
Viniyoga to Music with Barb Linderman • Mondays, 4:30-5:30 p.m. • Call 971-8562; gfl@umich.edu.
Wake-Up Yoga with Karen Beeri • Wednesdays, 7:30-8:30 a.m. • Call 763-8340; karenbeeri@yahoo.com.
Postures to Sacred Music with Barb Linderman • Thursdays, 5:30-7:15 p.m. • Call 971-8562; gfl@umich.edu.
Wake-Up Yoga with Roddy Wares • Fridays, 7:30-8:30 a.m. • Call 761-6980; roddywares@aol.com.
Special sign-up classes:
Morning Yoga with Lynette Smith • Tuesdays, 9:30-11 a.m. • Call 995-0741; lynettes@umich.edu.
Prenatal Yoga with Barbara Brookens-Harvey • Wednesdays, 9-10:30 a.m. • Call 994-6130; billbarbmo@msn.com.
Mommy and Me Yoga with Barbara Brookens-Harvey • Wednesdays, 10:45 a.m.-Noon • Call 994-6130; billbarbmo@msn.com.
Yoga for Kids with Rebecca Grant • Day and time to be announced • Call 917-584-9832; rebeccamgrant@hotmail.com.

Yoga with Belle McEntee • Sept. 8-Dec. 21, Tuesdays; 4:30-5:30 p.m. • Yoga asana – physical postures practiced with focus on breath, biomechanics, prevention and improvement of injuries. Includes warm-up sequence and relaxation to end. $75. Call 786-8265; smartbodies@comcast.net.

Yoga with Belle McEntee • Sept. 8-Dec. 21, Thursdays; 4:15-5:30 p.m. • Yoga asana – physical postures practiced with focus on breath, biomechanics and sensation. Opening with a warm-up sequence and end with relaxation. Preventing and improving injuries also included. $85. Call 786-8265; smartbodies@comcast.net.

Anusara Style Yoga with Michele Bond of Yoga House • Fall Session starts Sept. 11 • Practice in a beautifully serene setting using the Universal Principles of Alignment developed by John Friend, founder of Anusara Yoga. Morning, evening and weekend classes available. For complete information and cost, call 358-8546.

Trial Yoga Class Week with Michele Bond of Yoga House • Sept. 4-10 • Experience an Anusara style class and see what makes Anusara Yoga one of the fastest growing styles of hatha yoga in the country. Anusara emphasizes grace, simplicity, alignment and enjoyment. Anusara aims to awaken and express joy. For complete information and cost, call 358-8546.

Yoga Happy Hour with Michele Bond of Yoga House • Ongoing Wednesdays, 5:45-6:45 p.m. • After work or a long day, enjoy a drop-in Restorative Yoga class that calms your nerves and quiets your mind while it relaxes your body. Relieve stress with gentle, supported postures that require no yoga experience to enjoy. Blissfully habit forming! For complete information and cost, call 358-8546.

Yoga for Athletes with Michele Bond of Yoga House • Wednesdays beginning Sept. 14, 7:15-8:45 p.m. • Take your athletic performance to the next level. Increase strength, flexibility, agility, balance, mental focus and concentration. Strengthen the mind-body connection. Learn how correct alignment enhances joint function, decreases the risk of injury and can aid in healing pre-existing injuries. Learn how yoga can help you realize your full potential. For complete information and cost, call 358-8546.

Traditional Ashtanga Yoga Mysore Style Practice Classes with Raphael Abrams of Yoga Shala • Monday through Friday, 6-8, and Sundays 8-10 except New and Full Moons • Self-paced practice of Ashtanga yoga with an instructor's one-on-one guidance. $14 walk-in with class passes available. For complete information, call 222-9642; www.yogashala.net.

Traditional Ashtanga Yoga Mysore Style Practice Classes with Shay Maxwell of Yoga Shala • Monday through Friday, 8-11, and Sundays 10-12 except New and Full Moons • Self-paced practice of Ashtanga yoga with an instructor's one-on-one guidance. $14 walk-in with class passes available. For complete information, call 222-9642; www.yogashala.net.

Beginning Ashtanga Yoga Classes with Raphael Abrams, Shay Maxwell and Melissa Solarz of Yoga Shala • Monday through Thursday, 7:30-8:30 • Suitable for all levels. $14 walk-in with class passes available. For complete information, call 222-9642; www.yogashala.net.

Ashtanga Yoga Classes with Raphael Abrams of Yoga Shala • Ongoing Mondays and Wednesdays, 5:30-7 • All levels class of half-primary series of Ashtanga yoga. $14 walk-in with class passes available. For complete information, call 222-9642; www.yogashala.net.

Vinyasa Yoga Classes with Shay Maxwell of Yoga Shala • Ongoing Tuesdays and Thursdays, 5:30-7, or Saturdays, 11-12:45 • All levels class with a flowing sequence of Ashtanga yoga. No experience necessary. $14 walk-in with class passes available. For complete information, call 222-9642; www.yogashala.net.

Ashtanga Vinyasa Yoga Classes with Raphael Abrams of Yoga Shala • Ongoing Fridays, 5:30-7:15 • All levels class in the primary series of Ashtanga yoga. No experience necessary. $14 walk-in with class passes available. For complete information, call 222-9642; www.yogashala.net.

Ann Arbor School of Yoga Classes with Laurie Blakeney • Ongoing Fall Classes beginning Sept. 13 • Laurie Blakeney offers classes in Iyengar yoga, gentle yoga, teen yoga and pranayama in a large studio, with all equipment provided. For complete schedule of classes and cost, call 663-7612; www.annarborschoolofyoga.com.

Iyengar/Hatha Yoga Classes through The Studio • Various classes offered • For complete information and costs, call 995-5344; www.ypsistudio.com.

Iyengar Yoga Classes with Lynlee Sky of Yoga Practice Center • Ongoing Fall Classes beginning Sept. 8 • Daily classes offered mornings and evenings for beginners and continuing levels. For complete information and brochure, please call 668-8660; skyview@yogapracticecenter.com.

Anusara Yoga Classes with Heather Foster • Ongoing classes offered • Learn the Universal Principles of Alignment and start to know your body, mind and spirit from the inside out through the practice of Anusara yoga. For beginning and intermediate students. For complete information, call 709-8191; hl_foster@yahoo.com.

Teachers, Lecturers, Workshop Leaders and the Centers

Norma Gentile is one of the foremost performers of the chants of medieval abbess Hildegard von Bingen.

Aaron "was a Buddhist monk and scholar in previous lifetimes. In his final lifetime, he was a Vipassana meditation master in the Theravadin tradition." Eight books of Aaron's teachings have been published.

Rafael Abrams is a Hatha and Ashtanga Yoga practitioner and teacher, and devoted student of Patthabhi Jois.

Jeanne Achterberg, PhD, one of the preeminent researchers and contributors in the field of imagery and healing, was featured in *Time* magazine as one of the six innovators of alternative and complementary medicine for the coming century and is the author of *Imagery and Healing*, the mind/body classic. She is past president of the Association of Transpersonal Psychology.

Jeanne Adwani has been exploring the Tarot since the early 1970's and has included in her knowledge the languages of numbers, elements and astrology.

Aegis Consulting offers instruction in Western European Swordsmanship, leadership, outdoorsmanship and IT.

Laurie Akerros, BA, MA, LMT, is a member of the International Network of Esoteric Healing worldwide teacher group, and has had 25 years of training and experience in alternative healing modalities, including craniosacral therapy, esoteric healing, massage and vibrational essence therapies.

Elizabeth Alberda, MA, a teacher for 38 years, works with individuals and groups in bioenergetic techniques and shamanic healing through extraction, soul retrieval and cleansing.

Sherry Anderson, Jeanine Mamary and Robert Ball, Diamond Approach Teachers, are certified from the Ridhwan school, home of the Diamond Approach. They have studied and trained with A.H. Almaas for many years and teach nationally and in Europe.

Stephen Angell, Jr., is a professor of History and Quaker studies at the Earlham School of Religion in Richmond, Indiana.

Ann Arbor Art Center is a community visual arts center that provides monthly exhibitions, a gallery shop featuring work of local and regional artists and classes and workshops for all ages and skill levels.

Ann Arbor Institute of Massage instructors are highly trained to assist each student on an individual basis. They are members of the American Massage Therapy Association and are certified by the National Certification Board for Therapeutic Massage and Bodywork.

Tamara Aprea, BS in Dance with a focus on Dance Therapy, is a Certified Kripalu Yoga instructor and a Certified Pilates instructor, and has been teaching for over five years.

Manya Arond-Thomas, MD, is a motivational speaker, workshop leader and professional coach for personal and business development for 30 years.

Arts In Motion Dance Studio, a local studio now in its fifth year, offers classes in modern, ballet, jazz, tap, creative movement, ballroon, musical theatre and Pilates for toddlers, girls, boys and adults.

Astrology Study Group of Washtenaw County will become an NCGR chapter in 2005. Bon Rose Fine, Jill LaLiberte, Jan Hazecamp, Jim Dragun and Rod Smith are the acting executive board responsible for making that transition.

Leland Austin, MA, is a Certified Advanced Rolfer and has practiced Rolfing for 20 years. He studied Bodynamics, a body-oriented psychological work from Denmark, for five years as well as the spiritual practice of the Diamond Approach for seven years.

Nancy Bahlman has studied astrology for 35 years and has been reading for clients for more than 20 years. She has written the astrology column for *PhenomeNEWS* since the early 1990's.

Marcia Bailey, MA, PhD, has taught yoga since 1999 as a certified Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher and Certified Transformational Breath Facilitator and has taught connected breathing for over 25 years.

Beth Barbeau has spent 20 years transforming her passion for babies into the art and profession of childbirth educator, labor and postpartum doula, and homebirth midwife.

Bardor Tulku Rinpoche is a resident lama at Karma Triyana Dharmachakra Monastery in Woodstock, NY. Recognized as a tulku by the H.H. the 16th Karmapa, Rinpoche is the author of *Rest for the Fortunate* and *Living in Compassion*.

Ruthie Basham, BFA, is an internationally known artist who creates personalized mandala artwork with themes of love, healing and service.

Carl Bayha, a NCAAOM Board Certified Acupuncturist, began his career in holistic health care over 20 years ago as a Shiatsu Therapist. He currently practices in Kalamazoo.

Deanne Bednar is an educator, artist and coordinator of the Strawbale Studio Natural Building Project – a thatched roof, sculptural structure in Oakland County. She illustrated *The Natural Plaster Book* and *The Hand-Sculpted House*.

Sabrina Behrens is a certified Spinning instructor, aerobics teacher and swim coach.

Dr. Carl Benes is Pastor of First Congregational Church in Jackson, and longtime teacher and practitioner of Family Systems Dynamics and Principles.

Cori Rose Benitez, a singer and songwriter, has been supporting people in individual and group healing work for over 20 years with personal ceremonies, rites of passage and sacred craft.

Betsy Bergstrom is a full-time native Shamanic Practitioner from Seattle, Washington and has worked in various fields of alternative healing for nearly 20 years.

Michael Bettine is a drummer, composer, writer and poet from Milwaukee, WI.

Kristin Blackburn, MSW, CSW, is a local psychotherapist specializing in working with women regarding self-esteem, compulsivity, relationship, life transition and family of origin issues, including childhood abuse and neglect.

Laurie Blakeney is a senior certified Iyengar yoga teacher since 1977.

Jill Blixt is a creativity and life transition coach, motivational spearker and working writer/artist. Her career has included 20 years as owner/creative director of an award-winning advertising agency and seven years as a co-founder of an Ann Arbor art gallery.

Carol Blotter has been meditating for 25 years with dual roots in the Quaker and Buddhist traditions. She is a member of the teacher group at Deep Spring Center.

Kathy Blough, PsyS, LLP, has been practicing psychotherapy for 16 years with extensive training in Gestalt, Transactional Analysis, Dialectical Behavior Therapy and Redecision Therapy.

John Bodary, RPP, has practiced and taught Polarity Therapy for 30 years. He established Polarity Center in 1987.

Michele Bond is a student and teacher of Anusara yoga. She holds a third degree black belt in tae kwon do and has many years experience in dance, jujitsu, gymnastics, stunt fighting and sword play.

Russell Boulding, an environmental scientist for 30 years, serves as an energy channeler for personal and planetary healing.

Judd Branam is managing director, Manning, Selvage and Lee, Blogworks consultant and longtime *Ann Arbor News* reporter.

Michael Bratcher, NCTMB, combines energy work with therapeutic massage. The modalities he has studied include Reiki III, Healing Touch, Polarity Therapy and Chinese Energetic Medicine.

Margaret Brennan, IHM, is Professor Emerita of Pastoral Theology at Regis College in Toronto as well as part-time staff at Visitation in Monroe.

Patty Brennan has 23 years experience working as midwife, doula and childbirth educator. She is Executive Director of Center for the Childbearing Year and author of *Guide to Homeopathic Remedies for the Birth Bag* and *Vaccinations: Concerns & Alternatives Sourcepack*.

Barbara Brodsky is the founding teacher of Deep Spring Center, which offers non-denominational spiritual teachings and practice. She is an ordained Interfaith Minister. She has been practicing meditation since 1960 and teaching since 1989. Her teaching draws from dual roots in the Buddhist and Quaker traditions. She became totally deaf in 1972; living with silence has greatly influenced her life and teaching. Barbara is also a channel for the spirit, Aaron.

Barbara Brookens-Harvey, MSW, has 15 years yoga experience and has worked with children and families as an infant mental health specialist for 14 years.

Lorna Brown is a Melchizedek priest, spiritual coach, healer and ceremonialist. She has presented seminars and workshops in relaxation, meditation, metaphysics and the spiritual journey since 1972.

Marguerite Buchanan, RSM, has been engaged in the ministry of spiritual direction for many years and an instrumentalist at Taize services for over 20 years.

Diane Byrne, graduate of the Hendricks Institute and Foundation for Conscious Living, is a certified Conscious Relationship and Body-Mind Vibrance Coach, artists and creative art director.

Kapila Castoldi, physics and astronomy lecturer, has been studying meditation under the guidance of an Indian spiritual teacher for 20 years.

Center for the Childbearing Year is a nonprofit educational and charitable agency founded by Patty Brennan.

Chants for Peace Project is a group of singers and instrumentalists directed by Jeanne Mackey. *Home to the River of Love* is their newest cd of simple, rhythmic chants on themes of peace, community and honoring the earth.

Linda Cherry is a certified divorce financial analyst and a therapist from The Women's Center of America.

Gurudev Shri Chitrabhanuji is the spiritual leader of 10 million Jains worldwide, including 100,000 Jains in North America.

Rev. Bettiann Clark, Intuitive Healing Facilitator and Interfaith Minister, has provided spiritual counseling and healing and led transformational groups since 1987. She is a doctor of Naturopathy.

Cloudwalker is a shaman and alchemist with native ancestry and training currently living in Ann Arbor.

Grant Connolly is owner and writer of The Z-Point Process.

Evelyn Craig, IHM, campus minister and spiritual director, currently serves as IHM Membership Coordinator.

Judy Crookes is a professional channel who has channeled Jacob for six years. Jacob does private consults, classes, healing sessions, weekends and writes articles. Based in Ann Arbor, she travels to present Jacob across the U.S.

Loren Cruden, formerly an herbalist and midwife, has been a teacher of natural spirituality since the 1980's and has worked for many years with a Potawatomi medicine man to develop her personal spiritual practice.

Teachers, Lecturers

Patricia Danks, IHM Associate, has been in private practice for 20 years with a specialty in Jungian psychotherapy. She is currently a Family Life Counselor at St. Thomas Becket Catholic Church in Canton.

Kenn Day has over 20 years experience as a shaman delving into the mysteries of the human spirit.

Amy Dean, DO, is an osteopath practicing environmental medicine at the Ecological Internal Medicine Clinic in Ann Arbor.

Colleen Deatsman is a certified alternative healing consultant, Reiki Master, shamanic practitioner, hypnotherapist and Licensed Professional Counselor. She is the creator and teacher of The Deatsman Program for Self-Healing & Personal Growth.

Christy DeBurton is a certified and registered interdisciplinary yoga teacher trained at the Omega Institute for Holistic Studies in New York and the Center for Yoga in Michigan. She has taught yoga since 1998.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering non-denominational teachings of non-duality and the meditation practices which support the teachings. It is run by a Board of Directors. Barbara Brodsky is the guiding teacher. As a part of its work, the Center offers the channeled teachings of Aaron, a discarnate entity. Its senior teachers include Dianne Austin, Ann Barden, Carol Blotter, Cassie Cammann, David Lawson, Dave Coupland, Dorothy Ann Coyne, Larissa Czuchnowsky, Susan Klimist, David Lawson, Frank Levey, Susan Weir and Jim Whiteside.

Nancy Denenberg, PT, is a Guild Certified Feldenkrais Practitioner and physical therapist.

James Dixon, with ten years poetic experience, helps bridge the gap between slam and academic poets.

Julia Doherty, MA in Marriage and Family Counseling, is a certified advanced heart-centered hypnotherapist and release worker.

Ann Duffy holds a Bachelor's in Biology, and is an herb specialist, holistic therapies consultant, intuitive reader, motivational speaker and owner of The Connecting Bridge.

Kate Durda, shamanic practitioner, esoteric healer, educator and developmental psychologist, presents workshops on shamanism in the U.S. and Canada. She is co-founder of Spirit Weavers, an organization dedicated to providing experiential training in shamanism.

Dori Edwards and Julie Kouyate share passion, enthusiasm and the unique ability to make students feel comfortable and safe. Both have years of experience directing and performing with Like Water Drum and Dance, and other groups.

Ryan Edwards is an experienced teacher of music and folklore as well as an active student. He has travelled extensively in Guinea, West Africa, exploring the traditions of the djembe, dununs and balafon.

Kate Emens, owner of Aksham Henna, is a local henna artist who travels to festivals during the summer months.

Myron Eshowsky, MS in Counseling, directs Pathways Foundation for Peace and Healing and is a longstanding faculty member of the Foundation for Shamanic Studies.

Diane Evans has specialized in the areas of interpersonal and intra-personal communication for over 30 years. She has done intuitive/psychic readings and counseling since 1995. She maintains a private practice, offers intuitive/psychic readings in the Crazy Wisdom Tea Room, facilitates the Intuitive Heart Discovery Group Process and works part-time at Crazy Wisdom Bookstore.

Linda Diane Feldt, RPP, NCTMB, NC, is a Holistic Health Practitioner. A student of the healing arts since 1973, she is the founder, Director, and Coordinator for the Ann Arbor Center for Holistic Health and Traditional Wisdom. She has served as President of The American Polarity Therapy Association. She has taught herbology for five years at The People's Food Coop.

Anna Fernandez is a master herbalist and organic gardener, and the owner of Mother Bloom Botanicals.

Bon Rose Fine has been an avid student of astrology for over a decade, and started her practice as a professional six years ago. She offers private consultations, teaches, writes and lectures, and helps coordinate the Astrology Study Group of Washtenaw County, which she founded in 1994.

Sandy Finkel, MPH, is co-founder of Jewel Heart Center for Tibetan Buddhism and Culture and has over 20 years experience with meditation and Tibetan Mind training. She is the owner of Lifeskills Coaching.

Lori Fithian has been drumming as long as she can remember and facilitates community drum circles and workshops in schools, libraries, workplaces, etc., creating "drummunity" wherever she goes.

Gayle Fitzgerald, founder of Celestial Vibrations, is a master healer and numerologist with over 23 years experience, Certified Medical Intuitive and DNA practitioner, animal communicator and channel.

Flowering Tree Lodge offers ceremonies and teachings in the Sweet Medicine tradition.

FOCAS (Federation of Circles and Solitaires) is a nonprofit pagan religious organization dedicated to networking and community in southeastern Michigan.

Heather Foster has been a student of hatha yoga since 1996 and is an affiliated Anusara yoga instructor.

Marcella Fox is an intuitive with extensive training in shamanism in Peru, the U.S. and Canada, and is a Reiki Master.

Cathy Francois and Julie Lemond are certified Quantum Touch Instructors/Practitioners.

Susan Franke is a financial advisor and wealth management specialist with Raymond James & Associates.

John Friedlander is an internationally acclaimed psychic, author and teacher with degrees from Duke University and Harvard Law School. His workshops are based on *Basic Psychic Development: A User's Guide to Auras, Chakras and Clairvoyance*, a book he co-authored with Gloria Hemsher.

Mark Froelich is a Shambhala meditation coordinator and 1984 graduate of the MA program in Buddhist psychology, Naropa University.

Melanie Fuscaldo, LPS, NCC, is a Licensed Professional Counselor with a National Counseling Certification. Her mission within her private practice is to help individuals live their dreams and enhance their happiness using the inner wisdom of body, mind and spirit.

Sally Gabany, a spiritual director and facilitator, has been involved with drumming for several years.

Bronwen Gates, PhD, is a scientist and mystic with formal training in Biology. She works as a holistic healer, consultant and coach with more than 30 years experience as a teacher and facilitator.

Gateways Center for Life Enrichment is a spiritual and holistic educational organization providing various avenues to explore body-mind-spirit. The Center offers ritual and ceremony, workshops and seminars, and health-oriented classes and services.

Nanci Rose Gerler is a professional intuitive counselor, using her abilities as a psychic, medium, channel and energy healer. She offers private sessions of psychic readings and channeled messages for personal and spiritual growth. Her practice, Crystal Clear Expressions, is located in Ann Arbor. She holds a monthly channeling evening at Crazy Wisdom Bookstore.

Geshe Lobsang Tseten is a Tibetan Buddhist Monk of the Gelugpa lineage with the highest degree obtainable in Tibetan Buddhist metaphysics and philosophy. In 1995, Geshe Tsetan founded the Siddhartha School in Ladakh and was the head abbot of the Tashilungpo Monastery in India. He has been teaching in the West since the 1970's.

Bruce Gibb is an organizational psychologist.

Michael Gibson-Faith is a certified yoga and Pilates instructor.

Aura Glaser is one of the foremost students of Gehlek Rimpoche. She is a Dharma teacher and co-founder of Jewel Heart and holds a PhD in Clinical Psychology from Pacifica Graduate Institute, a MA in Clinical Psychology from the Center for Humanistic Studies and a BA in Women's Studies from the University of Michigan.

Ray O. Golden, MSE and Reiki Master for over ten years, trained in the traditional Japanese manner by Dr. Gabriel Cousens. The opening of his healing and spiritual abilities was facilitated by his work with his spiritual teachers, Michael Silverman and Dr. Brenda Morgan. He is the founder of the Center for Intuitive Health and has studied psychic development for over 25 years.

Alan Gordon, BS in Psychology, has been studying astrology for 30 years and has worked as a professional astrologer for five years. He is currently a quantitative EEG neurotherapist.

Sat Paul Goyal grew up in a small village in Punjab and was a teacher of English Literature at many colleges in India before coming to the U.S. in 1990. He is currently staff editor for *India Michigan*, published from Ann Arbor.

Jocelyn Granger is director and founder of the Ann Arbor Institute of Massage Therapy. Since 1982, she has had extensive advanced training in Myofascial Therapy, Neuromuscular Therapy and Sports Massage.

Shifu/Sensei Kore Grate has studied martial arts since she was 16, and is ranked Yondan in Wu Chien Pai and Nidan in Soshoshirenheihodo Laido. Founder of FEMA (Feminist Eclectic Martial Arts) in Minneapolis, MN, she is also an accomplished calligrapher and tattoo artist.

Connie Grauds is a pharmacist and president of the Association of Natural Medicine Pharmacists, Assistant Professor of Clinical Pharmacy at the University of California and Adjunct Professor at Dominican University.

Great Lakes Center for Healing Touch is a nonprofit organization dedicated to providing the benefits of Healing Touch to the community and assisting students to become certified practitioners.

The Great Lakes Pathwork is a non-profit educational organization that promotes spiritual and personal growth. The Pathwork is a spiritual path of self purification and transformation, a way of life that takes places through the study and application of the Pathwork lectures.

Alice Greminger is a graduate of the Alexander Foundation of Philadelphia and has been teaching since 1985.

Kevin Griffen has taught Buddhist meditation since 1980 and worked with the Twelve Steps since 1985. Trained as a Community Dharma Leader by the Spirit Rock Teaching Collective, he is also a writer and musician.

Nirmala Nancy Hanke is a long-time meditator who teaches meditation classes at the Lighthouse Center. She is also a psychiatrist who integrates psychotherapy, Reiki, healing and meditation in her private practice in Whitmore Lake.

Barbara Harvey has over 25 years experience in crafts and quilting, with teaching experience in quilting, crafts and basic sewing.

John Hilton is the Editor of *Ann Arbor Observer*.

Cinda Lee Hocking, MSW, has been a medical social worker for over 15 years and is an Internal Energy Plus consultant. She specializes in soft internal martial arts training.

Geoff Hoebbel holds a BS and Masters in Education/Administration, and is a life-long educator.

Nina Howard is a massage therapist, paramedical esthetician and owner/director of Bellanina Day Spa and Bellanina Institute.

Ann Hughes has been quilting since 1989 and is currently President and CEO of the Adrian Chamber of Commerce.

Molly Ann Indura is a professionally trained clairvoyant and initiated teacher for the Hierarchy of Light.

Inward Bound Yoga consists of Karen Beeri, Barbara Brookens-Harvey, Dottie Coyne, Rebecca Grant, Martha Laatsch, Barbara Linderman, Marlene McGrath, Lynette Smith, Jonathan Tyman and Roddy Wares. Inward Bound offers a variety of approaches to the ancient discipline of yoga. The instructors draw upon their experience with many traditions and teachers. All classes emphasize integrated breathing techniques and include a period of relaxation. Barbara Linderman is the program director of Inward Bound.

Christine Jach is a Kadampa Buddhist teacher who has been studying Buddha's teachings for many years.

Susan Jeffers is a Quaker and graduate of the Earlham School of Religion and Bethany Theological Seminary.

Jewel Heart Tibetan Buddhist Center of Ann Arbor offers a graduated study and practice program based on the teachings of Gehlek Rimpoche. Open to all, these classes are especially intended for those wishing to study the Tibetan Buddhist path in a systematic and in-depth manner and include meditation and discussion.

Workshop Leaders and the Centers

Photo by Linda Lawson

Brenda Morgan is a spiritual teacher with a devoted following in southeastern Michigan.

Ann Jones, owner of Designs for the Spirit, has designed, developed and marketed training materials, brochures and newsletters for Fortune 500 companies.

Shaqe Kalaj, BFA, is an artist currently working on her teaching certificate from Eastern Michigan University.

Joan Kauffman, MSW, is a therapist with The Women's Center of America.

Marcy Keefe-Slager is a spiritual director, teacher and former chaplain.

Gen Kelsang Khedrub, ordained in 1995, is resident teacher at Vajrayana Buddhist Center in Chicago.

Karen Kerns, RPP, has been a massage/polarity practitioner for 20 years, and currently practices in South Lyon and Ann Arbor at Polarity Center.

Jillian Kerry has been a certified tarot reader and a student of astrology for 20 years. She is currently studying for her level 1 astrological certification through NCGR and has a private practice as a certified professional life coach.

Shala Kilmer has been a channel and medium since 1986. An ordained Spiritualist minister, she teaches development classes and conducts private channeled readings with an emphasis on healing one's life. She offers channeled sessions with St. Germain to remove blocks from previous lives.

Betz King, PsyS, has been facilitating the Women's Empowerment Group since 1998 as a way of encouraging women to access new levels of inner strength.

Rosie King, PhD, has been a Rosen Method practitioner for nearly 20 years. Trained by Maria Rosen and maintaining a private practice in Santa Cruz, she is a poet and lived for six years as a zen monk at Green Gulch, Tassajara.

Carole Kirby has 27 years experience as a therapist, coach and inspirational teacher. She is a certified Imago therapist and workshop presenter and offers therapy for individuals, couples and groups.

Alan Knight helps people to understand their dreams and underlying messages.

Greg Knollmeyer is a student, certified Reflexologist and instructor of Bikram Yoga.

Julie Lappin, energy practitioner, teaches self-care and works with humans, dogs, cats and horses and augments sessions with sound, color, crystal work, essential oils and massage.

Kathy Laritz is a Jewel Heart Dharma Facilitator and assistant to Gehlek Rimpoche. She holds a BA in Art and has worked in the fields of graphic design, display, publication and commissioned artwork.

Richard Lee first learned about Quaker healing ministry from his English Quaker grandmother, and is a member of Red Cedar Friends Meeting in Lansing.

Mary Light is a master herbalist with over 20 years practice in the healing arts, and director of Gaia Center for Holistic Studies, offering programs for professional and personal enrichment.

The Lighthouse Center is a nonprofit center for spiritual development founded by Catherine Chetana Florida. It offers ongoing classes and programs in spiritual development, meditation, Reiki and related topics.

Carolyn Lippens, BA, has an extensive background in Shiatsu, QiGong and Chi Nei Tsang. She has studied at the Chi Nei Tsang Institute and is a graduate of the San Francisco School of Massage.

Michele Loewe, ND, trained at the John Bastyr College of Naturopathic Medicine in Seattle, Washington and practices naturopathic medicine in Ann Arbor.

Peter London, Professor Emeritus at University of Massachusetts-Dartmouth, is an art therapist, educator, author, international speaker and a 2002 Art Education Association Distinguished Fellow.

L. Hunter Lovins, co-founder of the Rocky Mountain Institute and co-creator of the Natural Capitalism concept, has championed sustainable development for over 30 years. A 2001 delegate to the United Nations Prepatory Conference for the World Summit on Sustainable Development, she is also a Commissioner in the State of the World Forum's Commission on Globalization.

Rev. Thomas Lumpkin is a priest of Archdiocese of Detroit and has served for many years at Day House in Detroit.

Susan Major, trained in the Emotional Freedom Technique, is an energy therapist, teacher, certified reconnective healer and Reiki Master. She is the creator of Present Time Energetics, a healing method integrating energy work, bodywork and spiritual-emotional release work, and is a mother of two.

Richard Mann, PhD, is Professor of Psychology and Religion at the University of Michigan.

Linda Marinovich is a trainer for the Professional Breath and Movement School at the Hendricks Institute and a certified Conscious Relationship Coach.

Steve Marsh has over 20 years teaching experience in the secondary classroom and 17 years of poetry performance.

Debbie Mast is a 20-year apprentice to the Sweet Medicine SunDance tradition and has taught internationally for 14 years. She is co-leader of the Flowering Tree Lodge and instructor in the Red Lodge shamanic training program.

Shay Maxwell is a yoga teacher and devoted student of Patthabhi Jois, and a practitioner of yoga for over 15 years.

Steven McAfee facilitates interactive classes, workshops and retreats on The Torah, the Kabbalah, The New Testament, Dead Sea Scrolls, Nag Hammadi writings, the Bhagavad-Gita, Buddhist sutras, classical Greek philosophy and meditation practices.

Patricia McAninch is assistant director of Bellanina Institute, an educational institute for massage therapists, estheticians and healing arts professionals.

Diane McCarthy, MSW, ACSW, is a social worker and life coach.

Barb McConnell, LPN and Certified Healing Touch Practitioner and Instructor, has a private practice in Grass Lake. She volunteers at Great Lakes Center for Healing Touch and Passages Retreat Center.

Belle McEntee has more than 30 years of practice, study and exploration in the fields of massage therapy, yoga and meditation.

Colette McLogan, RN, RYT, has been practicing and studying yoga and ayurveda for several years. Certified in Ayur-yoga from the Ayurveda Institute, New Mexico, she has served as board member for Enlightened Medicine, Ann Arbor.

Lani Kwon Meilgaard, BA in English from the University of Hawaii and MA in English Literature and Creative Writing from the University of Colorado, has been involved in alternative and complementary healing since 2000, with personal experience in overcoming childhood trauma, workaholism, chronic back pain and depression.

Alfreda Menlove is an Ann Arbor attorney specializing in family law.

John and Sylvia Middlebrooks have studied the Sufi path of the heart for the past 20 years. Both are Certified Leaders of the Dances of Universal Peace.

Brady Mikusko, MSW, is a trained mediator and has been mediating divorces since 1991. She is also a certified IMAGO relationship therapist.

Richard Miller has over 25 years experience in traditional Chinese martial arts.

Susan Morales, MSW, is a psychotherapist, longtime meditator and owner of Bodies in Balance Fitness Studio.

Brenda Morgan has been blessed with a spiritual transformation in which "Inner Enlightenment/No Mind Within" has occurred. She teaches regularly to share her wisdom.

Monica Myklebust, MD, is director of the University of Michigan Integrative Medicine Clinical Services and trained with Dr. Andrew Weil.

Gwyn Nagy, as HeartSinger, accesses other dimensions using her voice to assist her energy healing work.

Rev. Dr. Janet Nagy is an elder, healer, ceremonialist and teacher.

Joy Naylor is a professional interior designer with over 25 years experience and certified feng shui practitioner.

New Moon Midwifery is an active homebirth midwifery practice serving the Ann Arbor and surrounding community.

Nirmala Nancy Hanke, MD, is a long time meditator and Lighthouse member teaching chakra classes since 1999. She is also a psychiatrist integrating psychotherapy, Reiki healing and spiritual practice with her patients.

Sondra O'Donnell, a certified registered yoga teacher and graduate of the radiant child program, is the founder of Sun-Moon Yoga and has 16 years yoga experience.

Judith Olenik is a spiritual counselor, Reiki Master, Healing Touch practitioner, meditation facilitator and student of Marianne Williamson.

John Orr is a former Theravadin Buddhist monk who spent eight years in monastic training in Thailand and India. A teacher at Duke University and transpersonal counselor in North Carolina, he has taught meditation since 1979.

Dr. Paul Parente, DO, a pioneer in the practice of holistic medicine for 40 years at the Farmington Medical Center, specialized in nutritional counseling and treatment for overcoming disease processes.

Sifu Genie Parker is a disciple of Sifu Wu Kwong Yu. She has been teaching and studying Wu Style Tai Chi Chuan for over 17 years.

Nancy Parker is a dietician in Integrative Medicine.

Jacques Marie Pasquier, a native of France, has worked in different positions as Human Resources Director for General Motors. He serves as Coordinator of Justice and Peace ministry at St. John Fisher Chapel Parish in Auburn Hills.

Pathways Foundation for Peace and Healing is a nonprofit organization formed to support the growing interest in shamanic and other spiritual traditions to bring peacemaking and healing to the problems we face in the current world.

The Pathwork is a spiritual path of self-purification and self-transformation on all levels of consciousness. The teachings emphasize honest self-examination to remove and overcome inner obstacles that keep one from living fully in God-self.

Trish Pellerito is a performer, entertainer and professional dance instructor with 25 years experience.

People Dancing is a not-for-profit professional dance organization devoted to the promotion of dance as an artistic, educational medium whose mission is to provide modern dance programming

Teachers, Lecturers, Workshop Leaders and the Centers

Performance Network is a local, not-for-profit professional theatre offering plays year-round.

Amber Riddle-Scampton, a graduate and instructor of AAIMT, has a thriving private practice and is certified through the NCBTMB.

Katherine Rogers, MFA, is a Guild Certified Feldenkrais Practitioner with 20 years experience teaching art at the college level.

John Roth, MEd and first degree brown belt in Aikido, is a teacher of 30 years and a meditator aware of numerous traditions. He has trained for Mindfulness practices at Omega Institute with Dr. Kabat-Zinn, Dr. Saki Santorelli and Dr. Alan Wallace.

Gail Rucker has taught yoga and movement for 35 years and incorporates the principles of Anusara alignment, artistry of expressive movement, Phoenix Rising Yoga Therapy and Siddha Yoga meditation in her classes.

Merilynne Rush, CM, and **Amanda Smith**, CAM, of New Moon Midwifery are homebirth midwives with an active practice serving the Ann Arbor community. There are also both mothers.

Renee Rutz, RPP, is currently established in Ann Arbor as a Polarity, Massage and Craniosacral practitioner, and teaches at Polarity Center.

Sue Salaniuk, Sally Rutzky and Nancy Udow are Iyengar Yoga National Association Certified Instructors and have between 13-24 years teaching experience.

Oscar Santillan, of the musical group Pakarinka Sisari, comes from the sacred mountains Imbabura in Ecuador.

Darren Schmidt, DC, ND, helps people improve their health by using natural remedies rather than treating symptoms, and has practiced in Ann Arbor for five years.

Suzanne Schreiber is a photographic artist and musician with degrees in art, art education and religious studies.

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing run by a group of professional healers and progressive counselors commited to the highest ideal of unconditional love in all they do.

Jeremy Seligman, Director of IT Strategy and Organizational Development, Ford Motor Co., and cofounder of Huron River Sangha.

Troy Shaw is an interfaith minister, teacher and spiritual counselor.

Jewel Shelden is a certified hypnotherapist and ordained minister currently working as a professional psychic, spiritual counselor and therapist.

Matruka Sherman, ACSW, is a psychotherapist in private practice and has taught meditation for 28 years.

Leslie Shimp is Professor of Pharmacy at U of M and is a certified Aging Specialist.

Vijayalaxmi Shinde is a scholar of both Eastern and Western traditions in palmistry. She is available for readings and guidance relating to birth traits and aptitudes, career, relationships, business, wealth and wellbeing, as well as all other aspects of life.

Malcolm Sickels, MD and graduate of UM Medical School, is board certified in family medicine and holistic medicine with a private practice in Ann Arbor.

Victoria Silks is certified by Art and Science International Academy of Color Technologies as an advanced Level 3 Auro-Soma teacher, and has been working with Auro-Soma since 1995.

Audrey Simon has been a professional massage therapist for 20 years. She is certified in Bodywork for the Childbearing Year and as an Infant Massage Instructor. The focus of her work is on the special needs of women during pregnancy, birth and postpartum.

Lynlee Sky is a yoga instructor certified in the Iyengar method of yoga.

Nancy Lee Smith, IHM, holds a Fine Arts Sculpture degree from Wayne State with a Master of Divinity from St. John Seminary. She has been writing icons full time for 11 years.

Prema Lindsay Smith, RN and an instructor at AAIMT for 11 years, has more than 20 years experience in massage therapy.

Melissa Solarz is a yoga teacher who borrows from David Swenson's method of modifying the poses for every student.

Mike Stearns, JD, is a Senior Financial Counselor at AmeriPrize Financial, specializing in ethical investing.

Ema Stefanova, MA, BA, BS, RYT, has taught yoga and meditation in Europe and the U.S. since 1979. She has trained with yoga masters in the lineage of Swami Shivananda of Rishikesh and Satyananda Paramahansa, founder of the first yoga university, and is a Registered Yoga Alliance Teacher. She has taught yoga and meditation in Ann Arbor since 1990.

Diane Stevens, BS, has had two years residency, teaching and training at the Himalaya Institute in Honesdale, PA with extensive training in meditation, ayurveda and holistic healing arts.

Mary Stevens, MSW, ACSW, is a social worker in private practice in Ann Arbor and the founder of Life Cycles.

Leonardo Stoute, Bapak Waleed, has over 25 years experience in the art and traditions of Silat Tuo Minangkabau and has offered classes in silat, cultural dance and natural healing methods in the Ann Arbor area for the past ten years.

Monica Stuhlreyer, IHM, is certified in spiritual direction by the Center for Religious Development in Cambridge, MA, and has served as pastoral associate.

Jacquelyn Styrna, RYT, BS, is a certfied registered yoga teacher with experience in intuition, healing, meditation and essential oil work.

Ven. Samu Sunim of Zen Buddhist Temple in Ann Arbor was originally trained in the Zen mountain monasteries of Korea, and since 1967 when he arrived in the U.S., he has established temples in Ann Arbor, Toronto, Mexico City and Chicago.

Tamara Sutton is a grief counselor with a degree in Education, teacher, speaker, consultant and mother of four children. She is the author of *Demetrius: My Gift of Life – A Journal of My Journey After the Suicide Death of My Son Demetrius*.

Chris Tarr is an educator, licensed counselor and director of Upland Hills Ecological Awareness Center in Oxford.

Janene Ternes is a commissioned spiritual director, teacher and mentor, and founder of Prayer in Motion.

Robert Thibodeau is a practicing astrologer for 30 years, consultant, lecturer and owner of Mayflower Bookshop.

Mary Tillinghast has managed Castle Remedies for over 20 years and received hands-on training with Dr. Lev Linkner.

Gail Tola has been drumming for 15 years and has facilitated drumming workshops for seven years in Michigan, Ohio, Wisconsin and Arizona.

Suzanne Toolan, RSM, is on staff at Mercy Center in Burlingame, CA and was its first director.

Nancyann Turner, OP and Adrian Dominican Sister, holds degrees in fine arts, art therapy and art education.

Karen Ufer, certified in the Iyengar method, established Yoga Focus in 1994 and has 20 years of teaching experience.

University of Michigan Museum of Art is considered one of the first university art museums in the country with collections in excess of 17,000 works of art and a diverse and ambitious schedule of special exhibitions and programs.

University Musical Society is a non-profit arts presenter bringing the best touring music, dance and theater to Ann Arbor for 126 years, hosting more than 70 performances and 150 educational events annually.

Visitation Spirituality Center offers a spacious natural setting including a barn-chapel, library, retreat house and hermitages. Opportunities for individuals and groups include space for quiet, prayer, study, reflection, retreats, spiritual direction, supervision for spiritual directors and communal prayer. People of all beliefs welcome.

Cam Vozar, MSW, is a psychotherapist in private practice and has worked with men and their families for over 20 years. He is a Level II EMDR certified therapist.

Billie Wahlen, a massage therapist and intuitive bodyworker working in Ann Arbor for the past ten years, teaches kundalini yoga as taught by Yogi Bhajan.

Sara Warber, MD and co-director of U of M Integrative Medicine, is board certified in Holistic Medicine and trained with a Native American healer for 14 years.

Ali Webb is communications manager at W.K. Kellogg Foundation.

Lama Kathy Wesley has been a student of Khenpo Karthar Rinpoche, abbot of Karma Triyana Dharmachakra Monastery in Woodstock, NY since 1977 and is the resident Dharma teacher at Columbus, OH Karma Thegsum Choling.

Christia West, a graduate and instructor of AAIMT, is certified through NCBTMB and has a thriving private practice.

Khita Whyatt has been in private practice teaching Pilates since 1984 and a Rolfer since 1989.

Suzy Wienckowski, a Reiki Master and Registered Massage Therapist, has 25 years experience in the healing arts and 16 years teaching at massage schools in Washington D.C. and Ann Arbor. She teaches the traditional Usui System of Reiki Healing and is a member of The Reiki Alliance.

Wild Swan Theater is Michigan's premier theater for families, presenting high quality and affordable performances to the community for 25 years.

Elaine Williams, MSW, specializes in dealing with trauma and shock, and is a certified hypnotherapist and breath worker, author and national speaker.

Gae Winn, MSW, has studied earth-based spirituality for many years. Her teachers include Eliot Cowan, Malidoma Some and Gehlek Rimpoche.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. She is a Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher and Certified Transformational Breath Facilitator.

Lisa Wolf, MA, LLP, is a clinical psychologist, Pathwork Helper and psychotherapist. She is also a musician and a mother.

Women's Center of America is a grassroots nonprofit agency in southeastern Michigan dedicated to the emotional and economic self-determination of women and their girls, partners and families.

Yoga Focus teachers are certified instructors and longtime yoga practitioners.

Yoga Practice Center teachers are certified instructors teaching Iyengar yoga.

Wasentha Young is a Master and scholar in the art of T'ai Chi Ch'uan and Chi Kung and received formal instruction in Taoist and Buddhist meditation. With over 37 years of experience in her field, she lectures on the benefits of TCC, Chi Kung, and meditation as it relates to emotional, spiritual and physical wellbeing. She is director of the Peaceful Dragon School of T'ai Chi Ch'uan and Chi Kung.

Karlta Zarley, RN, CHTP, has 24 years experience in preventative and holistic nursing care, and is a Certified Healing Touch Practitioner and Traumatic Incident Reduction Practitioner. She has been in private practice in Ann Arbor for six years as a professional Patient Advocate, Educator, Healer and Spiritual Director.

Zen Buddhist Temple in Ann Arbor offers meditation and yoga classes, as well as retreats, lectures, and Sunday services. Classes and retreats are led by Reverend Haju Sunim, Resident Priest, who has been teaching yoga since 1975 and meditation since 1985, as well as other senior members of the Temple.

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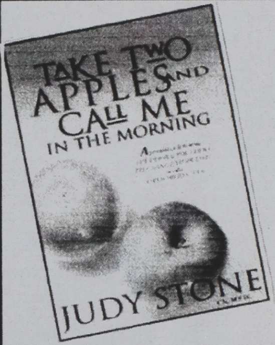

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